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THE KOEHLER METHOD OF PHYSICAL DRILL

CAPTAIN WILLIAM H. WILBUR

PHILADELPHIA, PA.: 1907

UC-NRLF

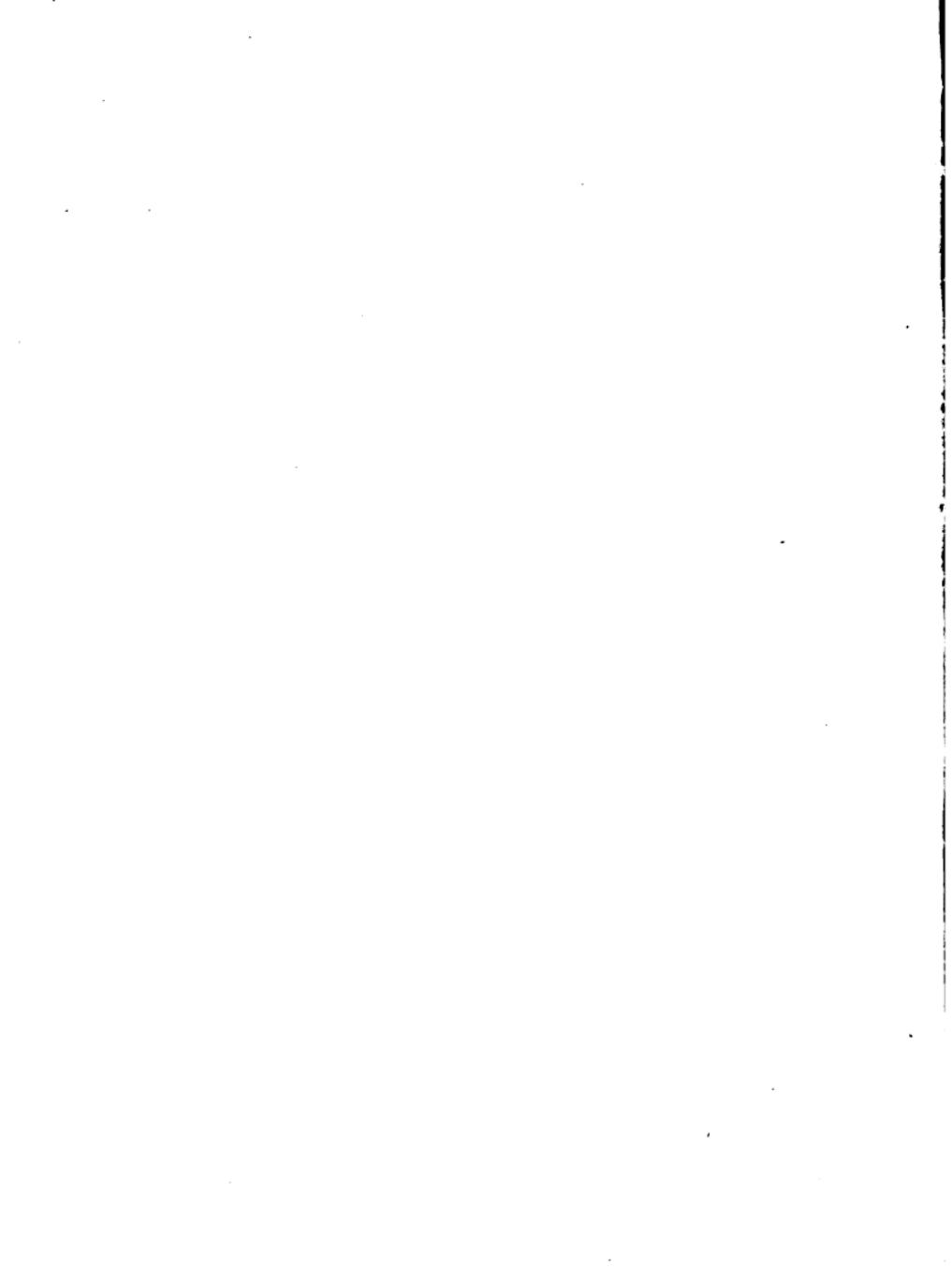


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THE KOEHLER METHOD OF PHYSICAL DRILL

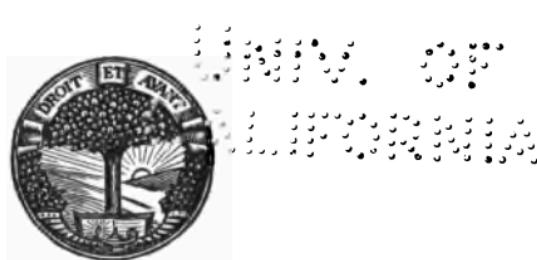
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INSTRUCTOR OF PHYSICAL DRILL, OFFICERS' TRAINING CAMPS
AT PLATTSBURG BARRACKS AND FORT MYER, 1917

ADOPTED AS TEXT-BOOK AT THE INFANTRY
OFFICERS' TRAINING SCHOOL, CAMP LEE, VA., 1919



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FOREWORD

THIS book is intended not only to help an instructor to know his drill, as an abstract proposition, but also to show him the way in which to make it a success. The questions asked by the candidates at the Officers' Training Camps at Plattsburg and Fort Myer and the points with which they had difficulty were constantly kept in mind in writing the book.

The writer has had the exceptional advantage of serving as Major Koehler's assistant at the Military Academy for more than two years, and during that time has had the best possible opportunity to absorb Major Koehler's methods. No claim for originality is made in writing this book; in fact, it is intended to be as close an approximation as possible to a study of physical drill as taught by Major Koehler.

The writer wishes to take this opportunity to thank Major Koehler for his never-failing kindness and assistance and for his ever-present example of compelling energy and superb enthusiasm, without which this effort would be impossible.

Thanks are also due Cadet Roland Stenzel for posing for the excellent photographs contained in the book.

WEST POINT, N. Y.

April 1, 1918.

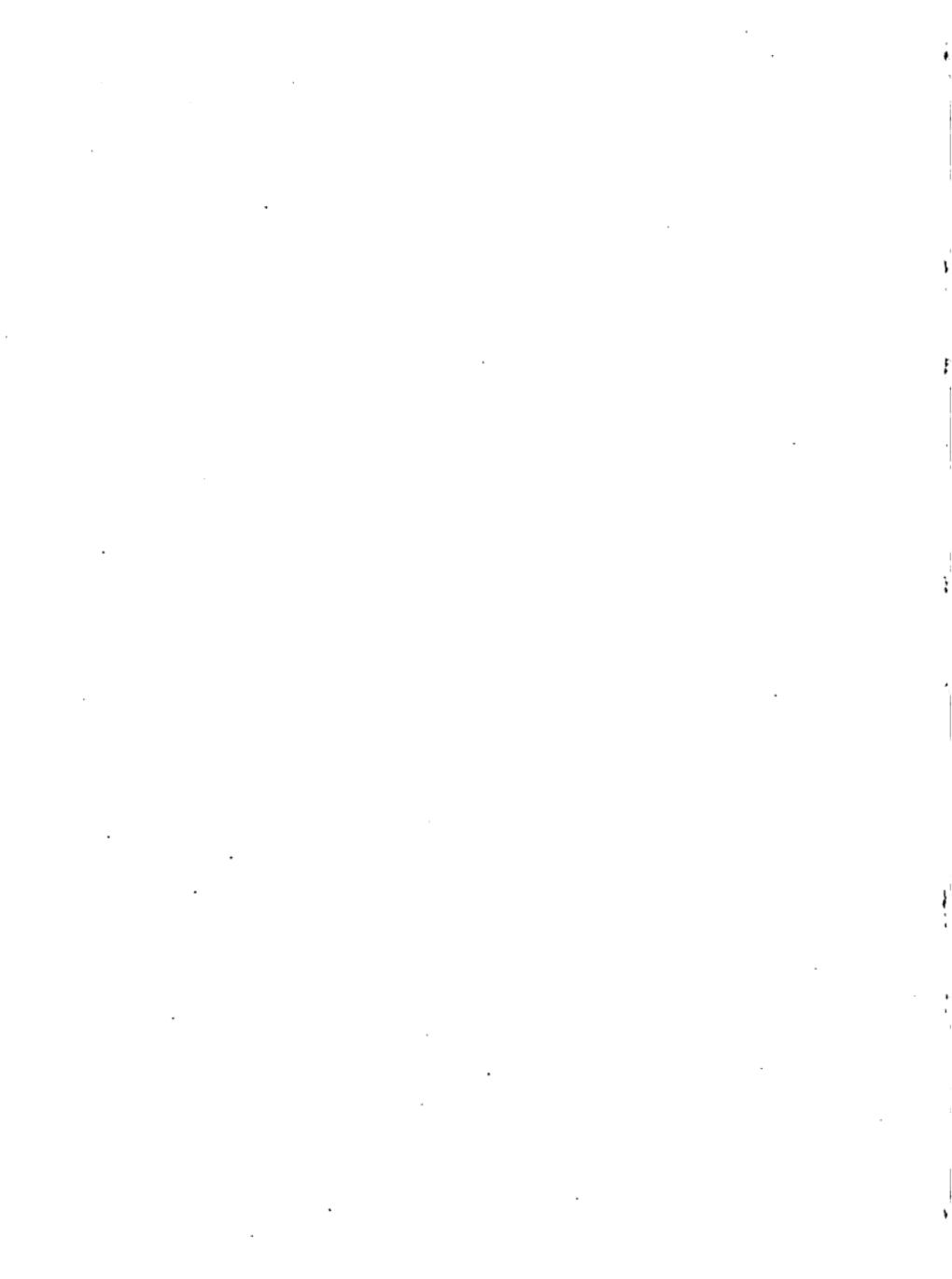
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UNIVERSITY OF
CALIFORNIA

THE KOEHLER METHOD OF PHYSICAL DRILL

CHAPTER I GENERAL

PHYSICAL drill has a fourfold function; namely, to build the men up physically, to wake them up mentally, to fill them with enthusiasm, and to discipline them.

Happily the close connection between physical well-being and efficiency in all lines of endeavor has long since been universally recognized. Therefore, on this phase of the mission of physical drill, it need only be mentioned that its sphere of usefulness should be enlarged and made to include boys and girls of all ages and men and women; not limited only to soldiers and pupils in our higher institutions of learning. In fact, the instruction should be compulsory and universal.

The system of physical drill outlined in this book is applicable to children of both sexes and all ages, as well as grown-ups. The drill is also applicable to squads composed of men of very different degrees of physical excellence. The strongest, most active man will find that he can exercise all his muscles and put every ounce of his being into exercises which at the same time will be bene-

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ficial for a much weaker, less active man. Yet there will be no danger of straining the weaker man. The same is true in working with children; and the reason is that the body automatically adapts the exercise to its own strength. This is of course not true of any exercise in which the lifting of any dead weight is involved, such as a rifle, or of an exercise in which the entire weight of the body is lifted. In working with children or untrained men the exercises and methods are identical with those to be given to squads composed of stronger men, but in the first case the exercises are done for shorter periods and the rests between exercises are much more frequent.

The enthusiastic side of physical drill needs to be considered more at length than the self-evident purely physical side. All will agree that "nothing really great has ever been accomplished without enthusiasm." One of the chief objects of the physical drill is to instill into the men a buoyant enthusiasm. This is done by example, by a cheerful and pleasant and yet compelling tone of voice, by awakening a man's pride in his carriage and physique and most of all by working on the lines of group psychology. Once get a group of men striving and straining to accomplish the result the instructor desires and the problem is solved. This is where the personality of the instructor and the elements of real leadership come into play.

And let me caution the instructor that he cannot fill his men with enthusiasm unless he is an enthusiast him-

self; he cannot get a response from his men unless he not only knows his business but believes in it heart and soul. The instructor must give out to his men immeasurable funds of nervous energy, and if he gets a fifty per cent. return for the nervous energy he has expended he should be happy, for his drill will be a success. The instructor must lose himself in his work, must demand precision, encourage here, correct there, reprove one man and boost another. In fact, he must so strive himself that his men will be proud of their leader in every way, proud of his appearance, proud of his ability, proud of his fairness, and proud because **their** instructor is helping to make **their** organization the best in the army.

A lackadaisical manner and a slovenly performance of any duty indicate one of two things: Either the instructor does not know his business and is attempting to hide his ignorance by assuming a bizarre, nonchalant attitude, or he has reached the limit of his development as a leader of men, and has settled into a rut with so much inertia that no amount of enthusiastic lifting on the part of others will urge him forward to greater and broader endeavor.

An instructor must always bear in mind that cheerfulness and a spirit of **try** are most contagious in any body of individuals and are especially so when coupled with healthful bodily movement and drills requiring alertness and quickness of perception and action. The physical drill affords an opportunity for the instructor to lift his men out of themselves and make them not only stronger

and more alert as individuals, but happier, healthier, more enthusiastic as a group, be it of citizens or soldiers.

To many persons, discipline is a bugbear always associated with punishment and means the entire suffocation of individuality and initiative. Nothing could be farther from the true aim of real discipline or from the result of real discipline. Discipline means most assuredly that everyone moves cheerfully and with alacrity to carry out his chief's orders. But it does not mean unthinkingly. When a disciplined man gets an order, he *starts* thinking rather than stops. But instead of sitting down and figuring out that there are ten other things that his chief might much better have done at this time he immediately starts thinking on how to best carry out his chief's orders, he bends all his efforts and drives his ingenuity to the limit in endeavoring to perform the allotted task in the quickest way, in the cheapest way, and in the way which will coördinate best with other tasks which are being performed simultaneously.

Properly used, the calisthenic and marching exercises are the best of disciplinary drills. The instructor is not limited to any prescribed stereotyped movements or order of procedure and therefore the drill requires constant attention and mental alertness on the part of the members of the group participating. Thus the first fundamental of discipline, namely, attention, may be obtained and firmly fixed by the physical drill. The second fundamental of discipline is quick response to the will of the commander.

The calisthenics especially contain thousands of movements which must be executed with snap, vigor, in unison,



FIG. 1.—A marching exercise.

and at command. The third fundamental of discipline is the habit of doing everything with precision and accuracy, in fact, just as well as one knows how. Precision may be

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demanded and obtained in all the light quick movements of the calisthenics and is easily secured because all persons have an inborn pride in their physical makeup and will strive to perfect themselves in the physical drill when they might not have as much enthusiasm to perfect themselves in other things.

The disciplinary side of physical drill is most important and should never be lost sight of nor neglected in order to obtain mere physical exertion. Furthermore, of course, a disciplined organization gets more out of any drill than does an undisciplined one. This is axiomatic, for the results obtained in any line of work are always proportionate to the amount of attention, enthusiasm and endeavor which is contributed.

From the above it is readily seen that the physical drill, properly used, is an absolutely essential element in the making of good soldiers and better citizens. It contains the best elements of military training in a single vehicle and should be adopted as an obligatory part of the training of all our school children, not physical training only, but physical drill, mind as well as body, training for the brain as well as training for the muscles. And it should be given by men of character, mentality, ability, and discernment, men who can be held up as an example of everything that a man should be.

CHAPTER II

THE CONDUCT OF A PHYSICAL DRILL

SQUADS for physical drill should consist of at least eight men, but at first, not more than a platoon. This upper limit is, however, only dependent on the capabilities of the instructor; classes of twenty-five hundred being possible for a master of the art of command.

Having formed the squad, tall men on the right, the men should first be told the proper position to assume while standing, which is (Fig. 2):

First, the heels are together and on the same line, the feet are turned out equally and form an angle of about 45 degrees; and the weight of the body is carried equally on the balls of both feet, the heels touching the ground but lightly.

Second, the knees are extended, but, without stiffness; the hips are level and are drawn back slightly, the buttocks tucked up.

Third, and very important; the chest is raised, the shoulders are pushed out toward the side and carried down and back until the shoulder blades are flat; and there should be a **very marked upward stretch** all around the waist.

Fourth, the arms are allowed to hang naturally from the shoulders which should bring the elbows in fairly

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close to the sides; the hands back of the seam of the trousers, palms of the hands turned in toward the body.



FIG. 2.



FIG. 3.

FIG. 2.—The correct position of attention. Note position of head, chest, waist, and arms.

FIG. 3.—The incorrect position of attention. The weight is on the heels, hips are carried forward and the head is hanging.

Fifth, the head is held erect and setting squarely on the neck, eyes looking directly to the front and at some

object at least their own height above the floor or ground, the chin slightly drawn in.

The position, as a whole, may be well described as one indicating that the individual is just as proud of himself as he can be and on the alert to prove his ability.

The squad should be directed to assume the position as the explanation is given and should then be told that this is the position of attention and that this position will be assumed with a snap when the command **ATTENTION** is given; the heels coming together with a smash and the body held absolutely motionless.

The squad should then be told that when the command **REST** is given, they may relax and talk quietly among themselves but that they must retain one foot in place so that they can come to attention promptly at the proper command. The men should not, however, be allowed to fold their arms across their chests or in front of the abdomen while at rest. It should be explained that doing so tends to reduce the lung space available for breathing and constricts the vital organs. The pupils should also be cautioned not to stand on one leg, but to carry the weight equally on both legs, as an improper position of the hips is very probably the cause of many cases of curvature of the spine and consequent ill health.

The squad should now be practiced in assuming a proper position of attention from the position of rest. The instructor must absolutely insist on precision from the

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start. It is fully ten times as hard to get it later if you do not get it now.

The last syllable of **ATTENTION** should be strongly accented and the pupils required to assume the position of attention as the last syllable of the command is given. In assuming the position of attention the heels should be brought together with a click, the head should be brought up with a slight toss and especial attention should be paid to the raising of the chest and the stretch at the waist.

Throughout all exercises, whether executed while marching or at a halt, emphasis must be constantly placed on the posture of the men and stress laid on those parts of the exercises which tend to develop a correct carriage.

The above postural exercise, *i.e.*, coming to attention from rest, is supplemented by the facings. In executing right and left face, the movement should be done in two counts, first, the turn to the right (or left), and second the bringing of the rear foot up beside the forward one, with a click, and the assumption of the position of attention with a snap, chest elevated, arms motionless the instant the heels come together, and the head up. There is always a tendency for men to look down at the feet in executing the facings and this should be counteracted by requiring recruits to lift the chin a fraction of an inch as they complete the movement.

Every physical drill should be preceded by a very brief period devoted to what may be called disciplinary exer-

cises, such as the facings, marching and halting. The success of the drill depends largely on the results demanded in this brief period. The instructor should use it to wake up the men, to get them under perfect control and to instill in them an idea of the importance of absolute precision and exactitude.

Having the squad well in hand and awake mentally, they should be awakened physically by a short period of double timing, say one to five minutes. It must be remembered that the object of this double timing is to wake them up only, and not to tire them out so that they will not be able to put their best efforts into the work which is to follow. In the double timing the leaders should not be allowed to run away from the rest of the squad; the cadence of double timing should be maintained and all men required to keep accurate step.

Following the double timing a few marching exercises should be given. A separate chapter on marching exercises will be found later in the book.

After the marching exercises, the squad is extended for calisthenics. If the detachment consists of eight squads or less it may be conveniently extended by taking distance as prescribed in the Infantry Drill regulations. For the purpose of instruction in calisthenics it is best to have the men cover in file from front to rear after taking distance. This may be accomplished by the command, **1. In file, 2. COVER.** At the second command, numbers one, both front and rear rank, stand fast; the others, numbers two.

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three and four, both front and rear rank, execute right step until covering the numbers one.

By having the squads count twos or threes, instead of fours, before taking distance, the space occupied by the squad when extended may be somewhat reduced. To reduce this space still more the men may be closed in toward the center after having taken distance. The arms are raised sideward by the command, **1. Arms sideward, 2. RAISE**, and the men are then required to close in to the center until their finger tips touch. For this movement the command, **1. Close toward the center; 2. MARCH**, is used. All men close in on the center file, using the side step and keeping step as they do so. Each man halts individually when he has obtained the proper interval. The arms are then lowered at the command, **1. Arms, 2. DOWN**, and the squad is faced to the right, arms are again raised sideward and the squad closed in to left (toward the instructor) or toward center. Facing the squad to its original front then finds it in a compact workable formation, within easy reach of the instructor's voice.

The following method of extending a detachment is much quicker than that described above and is the only practical one to use when working with groups of one or more companies.

Being in column of squads facing the instructor, to extend the company for calisthenics, bayonet or similar drill, the commands are:

1. Extend on numbers one, 2. MARCH, 3. Arms, 4. DOWN, 5. Rear rank to the right, 6. JUMP.

Numbers one, both front and rear rank, of all squads stand fast. At the second command numbers two, three and four, both front and rear rank, of all squads, facing to the left in marching, take up a double time and move out to the left flank of the numbers one. Numbers two, three, and four halt and face to the front when they have taken two, four, and six steps respectively. All, including the numbers one, raise the arms sideward horizontally as soon as they individually reach their new positions.

After the completion of the above the squad will be in four columns, the arms in the sideward horizontal position, with an interval of about twelve inches between the fingertips of adjacent men.

At the fourth command the arms are lowered smartly to the sides.

At the sixth command each rear rank man (including the numbers one of the rear rank) stride jumps squarely into the middle of the interval on his right, jumping a distance of about three and three-fourths feet. In making this jump, the right leg is swung out to the right, the body is thrust off to the right with the left leg, the body alights on the right foot and the left heel is brought up smartly against the right.

Being extended for physical drill, to assemble the organization the commands are:

1. Assemble on number one, 2. MARCH.

At the second command, numbers one of the front rank stand fast; all others return to their original places in the column of squads, moving at a double time.

Having extended the squad by any of the methods described above, a few jumping exercises are given, followed by calisthenics. Both of these are discussed in later chapters and will therefore not be touched on more fully here.

The drill should be finished by assembling the squad and executing one or two facings and similar movements just as smartly as possible. The table given below shows the order in which the various parts of a physical drill are taken up and the time devoted to each.

	For the trained soldier, entire daily period, 45 min. (or two 30- min. periods.)	For the recruit, daily period, 45 min. (or two 30- min. periods.)
1. Preliminary disciplinary exercises (Marching and Facings).....	2 minutes	10 minutes
2. Double timing.....	3 minutes	2 minutes
3. Marching exercises.....	8 minutes	4 minutes
4. Jumping exercises.....	4 minutes	6 minutes
5. Calisthenics.....	12 minutes	18 minutes
6. Concluding disciplinary exercises.....	1 minute	5 minutes
	30 minutes	45 minutes

Note: Physical drills at reveille should be limited to a few slow stretching and bending movements. The object sought should be merely to loosen the bowel content and mildly accelerate the circulation.

CHAPTER III

CALISTHENICS

THE calisthenic exercises are the most important part of the physical drill and for that reason the greater portion of the time is allotted to them.

Generally speaking, a calisthenic drill should start with light, quick, simple exercises; work up to the heavier trunk and body movements and finish with one or two light and snappy exercises.

Variety is important, as it keeps the drill from being monotonous, but recruits should be exercised only with the simplest possible movements and gradually moved on to more complicated ones. At intervals, long complicated exercises which require coördination and a highly developed muscle sense may be used. The object of such an exercise is to show the men something to strive for, but, as a rule, it has little value in itself, as the men are not able to do it in unison, get out of hand easily, and some are apt to give up and stop trying. New instructors are usually very prone to give such exercises, instead of sticking to the simpler ones, as they should. It must be remembered that the interest of all concerned is maintained much more easily by insisting on precision in the execution of the simpler exercises than by frequent use of the properly so-called "fancy" exercises.

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An exercise should never be executed in a slovenly manner. It is a sure sign of inability if an instructor allows his men to execute an exercise in such a way. Most infrequently, fortunately, an instructor is found who attempts to keep his pupils interested by executing one sloppy exercise after another in quick succession. The trouble in such cases is too much variety and not enough attention to the numerous fine points contained in each exercise. Every exercise has sufficient fine points, if properly brought out, to maintain the interest of all; and insistence on precision and accuracy of execution is by far the best way to maintain this interest.

The exercises for any one drill should follow each other in such a way that no one part of the body is exercised several times in succession. For instance, first an arm exercise; next a trunk-bending exercise; next a leg exercise; then a neck exercise; trunk-twisting exercise; leg and foot exercise, etc.

No exercise has, or ever should have, as its object the tiring out or breaking down of the muscular fibre, rather very much the opposite. If in doubt about an exercise an instructor should always desist before there is any possibility of harm being done. As Major Koehler says, "Underdoing is rectifiable, overdoing is often not."

The system of commands for the calisthenic exercises is the same as that for all other military drills. The preparatory command describes the movement desired

and the command of execution causes the execution of the movement. For instance, in the command, **1. Arms Forward, 2. RAISE**, the first command, **Arms Forward**, indicates that the arms are to be raised to the front horizontal. At the second command, **RAISE**, the arms are raised. The arms will reach their forward position one second after the command of execution is given, the same amount of time elapsing between the command and the completion of the movement as elapses between the command **1. Forward, 2. MARCH** and the instant when the left foot is first planted. Similarly in starting an exercise, the movement begins after the command **EXERCISE** and the first position is reached one second after the command **EXERCISE** is given. Some men have the erroneous idea that the command **EXERCISE** should find them already in the first position of the movement. The count **ONE** should be given at the instant that the first position is reached. It will usually be necessary to caution the squad not to wait for the command **ONE** but to start at the command **EXERCISE**. If an instructor finds that the squad is dragging at the start it will usually be because the men are waiting for the count **ONE**. A word will, however, correct the difficulty.

NOTE.—Commands of execution are printed in **black letter CAPITALS**. Preparatory commands are printed in **black letter lower case**.

At first the exercises must be of the simplest possible nature, gradually increasing in difficulty and complexity

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as the men's brains become more alert and their sense of coördination increases. At the start, too, it will be necessary to go through each one of the exercises in detail, before taking it up in cadence. This consists in executing each movement of the exercise separately, in the order in which it occurs in the exercise. Having thus gone through the exercise by detail, it is then taken up in cadence. This method of explanation by detailed execution should be followed in all exercises given to new men and for a majority of the exercises given a trained organization. It saves time and keeps the interest of all concerned. The practice of making long discourses describing a series of movements which go to make up an exercise should be religiously avoided. If possible to do so quickly and concisely, an exercise may be described and executed in cadence without first being done in detail. This applies to simple exercises, such as the following, for which the entire command is given:

Being at attention:

"Arms forward, sideward, forward and down. In four counts, EXERCISE, ONE, TWO, etc."

Being at attention:

"1. Arms to thrust, 2, RAISE. Thrust the arms forward and recover. In two counts, EXERCISE, ONE, TWO, etc."

Being at attention:

"1. Hands on hips, 2. PLACE. Bend the trunk forward at ONE and recover the erect position at TWO. Ready, EXERCISE, O-N-E, TWO, etc."

The method of explaining by doing the exercise by detail has the added advantage that each position can be more correctly assumed and mistakes corrected by the use of short clear-cut phrases instead of by long, tedious, obscure descriptions. Such phrases as the following are of great assistance and should be used freely:

Heads UP! Chests UP! Lift your chests! Body erect! S-t-r-e-t-c-h to the finger tips! On your toes! Backs flat! Up with a snap! Down further! Way over! etc., etc.

The third exercise above executed in cadence without first being done in detail might be done in detail by the following commands:

Being at attention:

Hands on hips, PLACE. Bend the trunk forward and hold it, **BEND. KNEES STRAIGHT! BACKS FLAT!** To the erect position, **RISE.** Take that as an exercise. Come up to the erect position with a snap at **TWO.** **Ready, EXERCISE O-N-E, TWO,** etc.

In the calisthenic exercises the instructor should not necessarily limit himself to the exercises suggested in the latter part of this chapter and he should not attempt to memorize the preparatory explanations for these exercises, if doing so will make his work mechanical. Any concise, easily understood, explanatory commands are proper to be used.

It may be well to start the squad off with a simple

arm exercise, such as an exercise alternately raising the arms forward to the horizontal position, and returning them again to the sides.



FIG. 4.—ARMS FORWARD, RAISE.—
The head is up, chest raised and the back flat. The fingers are extended and joined.

normal position by the command, **Arms, DOWN.**

After practicing raising and lowering the arms a few times, the movements just executed in detail should now

The section should be told that at the command, **Arms forward, RAISE**, the arms are brought up with a snap to the forward horizontal position, the elbows and wrists straight, palms of the hands down, the hands separated the width of the chest and held at the height of the shoulder (Fig. 4). The section should then be required to execute the movement.

Having the arms in any other position than hanging naturally by the sides, the arms are brought back to their

be executed as a continuous, cadenced exercise, the exercise being started by the command, 1. **Ready**, 2. **EXERCISE**. The command, **EXERCISE**, is the command of execution; at that command all start the exercise previously indicated. In a simple arm exercise, such as the one just indicated, the cadence is the same as the cadence of quick time, *i.e.*, 120 movements per minute.

In order to keep the section working together, and to properly emphasize the important parts of the exercise, the instructor should count as the section is executing the exercise. If the exercise is made up of two movements, the instructor counts ONE, TWO, ONE, TWO, etc., the numerals being given in a clear-cut, snappy manner and each count given just at the instant that a defined position is reached. For instance, in the exercise, raising the arms forward, which has just been described, the count, ONE, should be given just as the arms reach the arms forward position, and the count, TWO, should be given just as the arms reach their position at the sides. If the exercise has four movements the count would be, ONE, TWO, THREE, FOUR, ONE, TWO, etc., the number of counts depending in every case on the number of movements in the exercise. At the last count, the pupils should in every case be back in the position from which they started.

To stop the execution of the exercise the command **HALT** is given in place of the last count, which should

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of course find the men in the position from which the exercise was started, as stated above. To warn the men that the command **HALT** is coming the counts just preceding the command **HALT** should be given with a different inflection from that of the other counts, and should be drawn out, as: ONE, TWO, THREE, FOUR, O-N-E, T-W-O, T-H-R-E-E, **HALT**.

The manner of counting is most important and should indicate to the squad the manner in which the instructor wishes the exercise to be executed. Arm exercises will, as a rule, be executed in a clear-cut, precise manner, and the counts for them will usually be short and sharp and follow each other in quick succession. Stretching and bending exercises will require not only more interval between the counts but those counts which indicate the finish of a stretch will themselves be drawn out and indicate that the desired movement is a stretch. Counts which indicate a stretch will frequently alternate with those indicating a snappy return to some other position. For example, in the exercise in which the trunk is bent backward at the hips at the first count and the erect position is resumed at the second, the counts would be given, O-N-E, TWO, O-N-E, TWO, etc. The interest of the pupils will depend almost entirely on the manner in which the instructor uses his voice to lift them into the exercises. It may be well to mention that volume of tone will not alone produce the desired results; quality is the thing most to be sought for, and hardest to obtain.

Chapter VII, on "GIVING COMMANDS" will be of assistance on this important subject.

All exercises do not necessarily start from the position of attention. The following so-called starting positions may be advantageously used to vary the exercises.

The arms forward position, previously described, may be used as a starting position.

In the explanations which follow, the command used to cause the section to assume the position desired will be indicated, and then followed by a description of the position.

1. Arms sideward, 2. RAISE.

Raise the arms sideward to a horizontal position, the elbows and wrists straight, palms of the hands turned down and at the height of the shoulders. (Fig. 13.)

1. Arms overhead, 2. RAISE.

Raise the arms through the sideward position to a vertical position above the head, elbows and wrists straight, palms of the hands turned in and separated the width of the chest. (Fig. 5.)

Note: Arms are raised overhead through the forward position by the command **1. Arms forward overhead, 2. RAISE.**

1. Arms to thrust, 2. RAISE.

Raise the forearms to a horizontal position, the elbows bent, wrists straight, fists clenched, palms of the hands turned up, the middle point of the forearm resting against

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the sides, elbows forced well back. (Fig. 6). Keep the chest well elevated and head up.



FIG. 5.



FIG. 6.

FIG. 5.—ARMS OVERHEAD, RAISE. The body is stretched from the heels to the finger tips.

FIG. 6.—ARMS TO THRUST, RAISE. Elbows forced back, hands closed, knuckles down.

1. Forearms to the vertical, 2. RAISE.

The upper arm remains in place, the elbow is bent

and the forearm raised to a vertical position, the wrists are straight, the fingers extended, the palms of the hands



FIG. 7.



FIG. 8.

FIG. 7.—FOREARMS TO THE VERTICAL, RAISE.

FIG. 8.—HANDS ON SHOULDERS, PLACE. Elbows on a level with the shoulders.

turned in and the hands held just in front of and at the height of the shoulders. (Fig. 7.)

1. Hands on shoulders, 2. PLACE.

First raise the forearms to the vertical position just described and continue the upward movement by raising the elbows upward and outward until the elbows are at the height of the shoulders and are forced back on line with them, let the hands droop until the finger tips touch the shoulders. (Fig. 8.)

1. Fingers in rear of head, 2. CLASP.

Raise the arms as described in coming to the position of hands on shoulders, continue raising the elbows and lace the fingers together, the palms of the hands to the front and resting against the lower part of the back of the head; force the elbows well back. Caution. Do not allow the head to droop to the front.

1. Hands on hips, 2. PLACE.

Raise the hands and place them on the hips, thumbs to the rear, fingers horizontal, elbows carried well back. (Fig. 9.)

1. To the side straddle position, 2. HOP.

At the second command, a hop is executed and the legs separated at the same time, so that when the feet are planted they will be separated the length of the inseam of the leg (about thirty inches for the average man). The toes should strike the ground first and the position be assumed without jar. In the final position assumed the legs are straight and the body in its normal erect position.

Some position of the hands or arms is usually assumed

simultaneously with the assumption of the side straddle position.



FIG. 9.

FIG. 9.—HANDS ON HIPS, PLACE. Finger tips along the seam of the trousers. Elbows well back.

FIG. 10.—TO THE SIDE STRADDLE POSITION, HANDS ON HIPS, HOP.



FIG. 10.

The commands for such movements are similar to the following:

1. Side straddle position, hands on hips,
2. Ready,
3. HOP. (Fig. 10).



FIG. 11.—TO THE SQUATTING POSITION, BEND.

1. Side straddle position, raise the arms side-ward,
2. Ready,
3. HOP.

1. Side straddle position, hands on shoulders,
2. Ready,
3. HOP.

1. To the squatting position,
2. BEND.

Bend the knees as far as possible, lowering the body until the buttocks rest on the heels and place the hands on the ground between and in front of the feet, palms down. The body is inclined forward. (Fig. 11.)

Caution: Do not let the head fall forward, keep the chest raised and the head up, eyes looking out to the front and not toward the ground.

Many exercises may be started from the prone position. These are discussed later in this chapter.

Any one of the above starting positions can be assumed directly from any other position. When giving an exercise

in which it is not intended to use the arms, they should always be first brought to one of the starting positions and remain there during the exercise. The exercise being finished, the arms are brought back to their normal position by the command, **1. Arms, 2. DOWN.**

The section should be allowed frequent, short rests between the exercises.

At frequent intervals and usually just preceding one of the rests the instructor should give one of the following breathing exercises. The commands for the most usual of these exercises are **1. Raise the arms forward, Breathing exercise, 2. INHALE, 3. EXHALE.**

At the command **INHALE**, the arms are raised slowly forward, then overhead, while the lungs are slowly filled and the chest raised; as the arms reach the overhead position the men rise on the toes, then separate the hands until the arms are pointing diagonally upward and outward and stretch from the tips of their toes to their fingers. At the command **EXHALE**, the air is expelled from the lungs and the entire body is relaxed, the arms dropping to the sides and the standing position with the heels on the floor resumed. The command for the exhalation may be given as above or: **3. Quickly, 4. EXHALE.** At the latter command the arms are dropped quickly to the sides and the air forcibly expelled from the lungs. The slow exhalation is preferable, as more air is expelled from the lungs. The quick exhalation provides restful variety.

The above breathing exercise may be varied by raising the arms sideward overhead with the inhalation.

A breathing exercise may be taken from the arms in the thrust position or in the normal position at the sides.

It must be remembered that the breathing exercise is not a cadenced movement to be taken as are the calisthenic exercises. Three inhalations in a group are sufficient and each should be entirely separate from the others and at sufficient interval to allow complete relaxation.

Natural breathing should continue during all the calisthenic movements, but cadenced breathing may be combined with a calisthenic movement, such as raising the shoulders (arms at thrust), at the same time filling the lungs; and lowering the shoulders with the exhalation.

In order that the squad may get the most out of the breathing exercises they should be urged on by interpolating directions such as:

Fill them up!

On your toes!

S-t-r-e-t-c-h!

Come on!

All these interpolations must be given in a tone indicating the stretch desired, indicating that the instructor is mentally filling his own lungs almost to the bursting point.

It is not intended that the exercises should be memorized as is a drill movement. The exercises which follow are introduced to help the new instructor get the knack

of giving the calisthenic exercises. The nomenclature of the exercises should be generally followed, but is of small importance. For instance, the command **RAISE** is usually used to indicate an upward movement and the command **MOVE** to indicate a horizontal movement, but they may be frequently interchanged; **1. Arms forward, 2. MOVE or RAISE** being perfectly proper.

In starting an exercise the commands may be either:

1. Ready, 2. EXERCISE. 1. In cadence, 2. EXERCISE or 1. In 4 (or other number) counts. 2. EXERCISE.

In giving the command **EXERCISE**, the first syllable should be energized and is really the command of execution.

In counting for both the marching exercises and the calisthenics the instructor is not counting merely to keep the organization working in unison. He must use his voice for something more than a mere metronome; it must urge the men on, lift them up to the high points, make them come to the precise positions with snap; it must s-t-r-e-t-c-h them up to the very tips of their toes in the upward reaches and push them down to their extreme lower limit in the bending exercises. The instructor is not limited to the use of numbers in counting for the exercises but may substitute words and whole phrases at will.

In counting for a stretching movement the number or word is drawn out and the tone of the voice indicates that a stretch is being executed. If the instructor will execute mentally every movement that he counts for,

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he will have no trouble in getting the desired result. He must enter into the exercise heart and soul, doing mentally just what his men are doing physically, and do it harder than any man in his squad.

An exercise involving a forward bend of the trunk at the waist and a quick, snappy recovery in coming to the erect position would be counted as follows:

1. Ready, 2. EXERCISE,
O-N-E, TWO,
O-N-E, TWO,
Down L-O-W-E-R, TWO,
Way D-O-W-N, TWO,
O-N-E, TWO,
O-N-E, Heads UP, etc.

The ONE is drawn out in each case and TWO is shot out and clipped off just as sharply as possible.

An exercise involving an upward stretch of the entire body should be counted to indicate the stretch desired. For instance, take the exercise which starts from the position of arms forward and in which the arms are raised overhead coming up on the toes at ONE; and the starting position is regained at TWO:

1. In two counts, 2. EXERCISE:
O-N-E, TWO,
S-T-R-R-R-ETCH, TWO,
ON Your T-O-E-S, TWO,
H-I-G-H-E-R, TWO, etc.

Individual correction may be made during an exercise by substituting the man's name for one count and indicating the desired correction on the next or succeeding counts.

For instance, in the exercise just mentioned the count might run:

O-N-E, **TWO**,
O-N-E, **BROWN**,
Up On Your T-O-E-S, **TWO**,
O-N-E, **TWO**,
O-N-E, that's **RIGHT**,
O-N-E, **TWO**.

An exercise involving any stretching movement will usually offer opportunity to substitute entire phrases for single counts as has been done above. Exercises in which all the movements are reached with snap however usually offer opportunity for the substitution of single words only. For example:

Arms forward, sideward, forward and down.

1. In four counts, 2. **EXERCISE**,
ONE, TWO, THREE, FOUR,
MARK, EACH, POSITION, FOUR,
ONE, TWO, THREE, FOUR,
HOLD, your HEADS, UP, FOUR,
ONE, TWO, HOLD, them Up,
ONE, TWO, THREE, FOUR,
O-N-E, T-W-O, T-H-R-E-E, **HALT**.

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In counting for such an exercise the words substituted must be clipped off just as sharply as the numbers for which they are substituted.

The command **HALT** is given in order to stop the calisthenic or rifle exercises. The command **1. Quick time**, **2. MARCH** is given to stop the execution of a marching exercise without stopping the marching itself. In giving the command **HALT** to stop a calisthenic exercise, the word **HALT** is substituted for the last number used in counting for the exercise; *i.e.*, for **FOUR** in a four-count exercise; for **TWO** in a two-count exercise, etc. In order that the squad may know that the command **HALT** is coming the numbers just preceding the command **HALT** are drawn out and given with a fuller and deeper tone. The cadence is not changed, but the space which ordinarily exists between numbers is filled up and the numbers are run into each other. The command **HALT** is given sharply and with a rising inflection of the voice. For example a four-count exercise, composed of four snappy movements, would be stopped as follows:

ONE, TWO, THREE, FOUR,
ONE, TWO, THREE, FOUR,
O-N-E, T-W-O, T-H-R-E-E, **HALT**

In a two-count exercise the two counts preceding the command **HALT** are both drawn out; for example,

ONE, TWO, ONE, TWO,
ONE, T-W-O, O-N-E, **HALT**.

In halting an exercise in which one or all of the movements are stretching movements warning is given that the command HALT is coming by drawing out any numbers not already so drawn out and by changing the tone and inflection on the last set of numbers.

In an exercise composed entirely of slow stretching or bending movements no trouble will be experienced if the command HALT is given just a fraction of a second before the last position has been reached.

Some instructors substitute the command **Company** (**Squad**, etc.) **HALT** for the last set of numbers, the command HALT coming as the next to the last position is reached, For example:

ONE, TWO, THREE, FOUR,
Compan-y-y HALT.

In many of the bending exercises it often helps to interpolate the word "and" between the numbers, and in order to make all the men reach the end of the bend together the count for the movement is drawn out and then cut off with what may be called a vocal whip. The first part of the number is drawn out even longer than usual and the last part emitted with a snap and cut off sharply, For example, an exercise in which a bend comes on the third count might be counted:

ONE, TWO, T-H-H-H-**REE**, FOUR
ONE, TWO, T-H-H-H-**REE**, FOUR

PRONE EXERCISES.

Many exercises may be given from the prone and from the sitting position on the ground. Most of these exercises are excellent to develop the muscles of the abdomen, upon whose development all real activity hinges.

Being at attention, the supine position is assumed in the following manner. First the squad assumes the squatting position at the command, **1. To the squatting position, 2. BEND.** (Fig. 11.) The legs are then extended backward by the command, **1. Legs backward, 2. EXTEND.** This extension of the legs backward puts the body in what is known as the leaning-rest position: In this position (Fig. 12) the body is supported on the hands and toes, arms straight, head up, eyes looking out to the front, chest raised, body and legs straight. Caution: Do not allow the body to sag downward or the hips to be raised above the line running from the shoulders to the heels.

The sitting position is assumed by the commands: **1. Squat through between the arms to the sitting position, 2. SQUAT.** At the second command the knees are doubled up and the legs are shot forward between the arms and a sitting position, facing to the front, is assumed, legs straight, body erect, hands on the ground at the sides.

The prone position on the back is assumed by the command: **1. To the prone position, 2. LIE DOWN.**

A list of exercises to be taken from the prone and sitting positions appears at the end of this chapter.

The list of exercises below will provide sufficient ma-

terial for all purposes. In conducting a drill the exercises should follow in logical sequence, *i.e.*, first an exercise for the neck, then the arms, then the trunk, legs, etc. The instructor should select his exercises so that all parts



FIG. 12.—LEGS BACKWARD. EXTEND. The leaning rest position.

of the body will be exercised and both sides of the body developed equally.

A portion of the War Department Special Regulations No. 23 (1917), is included in the latter part of the book as an appendix. These regulations were written by Major Koehler with an especial view to their use by new instructors. They contain programs of daily work which may be used as drill schedules and models for additional schedules.

SUGGESTED CALISTHENIC EXERCISES

I. SIMPLE ARM EXERCISES

Starting from position of attention:

1. Raise arms forward; and lower them to the sides—
2 counts.
2. Raise arms sideward; and lower them to the sides—
2 counts.
3. Raise arms forward overhead; and lower them to
the sides—2 counts.
4. Raise arms forward; upward; forward; and down—
4 counts.
5. Raise arms forward; sideward; forward and down—
4 counts.
6. Raise arms forward; sideward; upward; sideward;
forward and down—6 counts.
7. Raise forearms to the vertical position; and
recover—2 counts.
8. Raise forearms to the vertical position; extend
arms upward (or forward); and recover in reverse
order—4 counts.

Starting from position with arms to thrust:

9. Thrust arms forward; and recover—2 counts.
(The knuckles are turned up as the fists go forward)
10. Thrust arms upward; and recover—2 counts.
11. Thrust arms sideward; and recover—2 counts.

12. Thrust arms downward; and recover—2 counts. (The knuckles are turned in toward the body and the fists are thrust downward and to the rear, chest up.)
13. Thrust arms forward and upward alternately—4 counts.
14. Thrust arms forward; swing them upward (or downward); forward again; and recover—4 counts.
15. Thrust arms forward, swing the right up and the left down; both forward together; and recover the thrust position. The second time the left arm goes up and the right down, etc.—4 counts.
16. Thrust the arms forward (upward, or sideward) right and left arms alternately—4 counts.

Starting from position with hands on shoulders:

17. Bring the elbows together in front; and recover—2 counts. (In all these exercises the elbows must be kept up and well back, chest raised.)
18. Extend the arms sideward; and recover—2 counts.
19. Extend the arms upward; and recover—2 counts.
20. Extend the arms forward; swing them sideward; forward; and recover—4 counts.
21. Lower the elbows to the sides and recover—2 counts.
22. Circle the elbows upward and backward—4 counts. (Count as a four-count exercise, one count for each circle.)

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23. Extend the arms sideward; swing them upward; sideward again; and recover—4 counts.
24. Extend the arms sideward; curl the hands under the armpits; extend sideward again; and recover—4 counts.

Starting from position with forearms raised to the vertical position.

25. Extend both arms upward and downward alternately—4 counts.
26. Extend the *right* arm upward and the *left* downward; recover the starting position; extend the *left* arm upward and the *right* arm downward; recover the starting position—4 counts.
27. (1) Extend the right arm upward; (2) then the left arm upward; (3) right arm back to the vertical; (4) then the left one back to the vertical; (5) extend the right arm downward; (6) then the left arm; (7) bring the right arm back to the starting position; (8) and then the left arm back to the starting position—8 counts.
28. Same as 27, except that (1) the right arm goes *upward*, then (2) the left *downward*, etc. (The right arm always leads)—8 counts.

II. SIMPLE TRUNK EXERCISES

Starting from position with hands on hips (or on shoulders, or clasped behind the head).

29. Bend the trunk forward and recover smartly,

chest lifted, head up. 2 counts. (May be executed two ways, *i.e.*, allowing the head to droop and bending the entire spine, or keeping the back straight and head up, thus localizing the bend at the waist).

30. Bend the trunk alternately to the right and left. (Mark each recovery to the erect position)—4 counts.
31. Twist the trunk to the right and left alternately—4 counts. (Hold the hips steady. Turn the upper trunk only.)
32. Bend forward at the waist; circle the trunk to the right; backward; left; forward; and recover—6 counts.

III. SIMPLE LEG EXERCISES

Starting from position with hands on hips or on shoulders or clasped behind head, etc.:

33. Rise on toes and recover—2 counts. (Make the chest pull the body up.)
34. Raise the legs forward alternately, knee straight, toes depressed, body erect—4 counts.
35. Raise the legs backward alternately—4 counts.
36. Raise the legs sideward alternately—4 counts.
37. Raise the knees alternately, (lower leg vertical, toe depressed, body erect)—4 counts.

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38. Bend to full knee bending position; and recover (knees well separated, body erect)—2 counts.
39. Raise the balls of the feet and recover—2 counts.
40. Rise on right and left toes alternately—4 counts.
41. Hop to side straddle position and recover—2 counts.
42. Lunge to the right and left alternately—4 counts.
43. Lunge forward on right and left legs alternately—4 counts.

IV. COMBINATION EXERCISES

The number of combinations of arm, trunk and foot movements is limitless. Only a few are indicated below. The instructor will find it easy to formulate others. The instructor is again warned to keep the exercises simple.

Starting from position with hands on hips, or on shoulders, etc.:

44. Extend the chin forward and recover—2 counts.
45. Bend the head to the right and left alternately—4 counts.
46. Turn the head to the right and left alternately—4 counts.
47. Raise the shoulders and recover—2 counts.
48. Move the shoulders forward; raise them upward; move them backward; and lower them—4 counts.
49. Curl the shoulders forward and recover—2 counts.
50. Bend to the squatting position; extend the legs

backward to the leaning-rest; draw the legs up to the squatting position; recover the erect position (hands on hips)—4 counts.



FIG. 13.—FULL BEND KNEES AND EXTEND THE ARMS SIDE-WARD, BEND. The knees are well separated and forced down in front. The body is erect on the hips, chest up, chin raised.

51. Bend forward at the waist and reach down touching the toes with the finger tips; recover. (Recover sharply, head and chest up)—2 counts.
52. Raise the right leg forward and extend the right arm forward, endeavor to kick the hand. Alternate right and left—4 counts.

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53. Full bend knees and extend the arms forward (or sideward or upward); and recover (hands on hips)—2 counts. (Fig. 13.)

Starting from the leaning-rest position (Fig. 12.)

54. Draw the legs up to the squatting position; and extend them forcibly back to the leaning-rest position—2 counts.
55. Draw the legs up alternately—4 counts.
56. Draw the right leg up; then draw the left leg up as the right is extended, etc.—2 counts.
57. With the knee straight, swing the legs up to the right and left alternately—4 counts.
58. Bend the arms and lower the body until the chin touches the ground; and recover—2 counts.
59. Separate the legs; and recover—2 counts.
60. Draw the legs up to the squatting position; hop to the side straddle position (knees straight); recover the squatting position; recover the leaning rest position—4 counts.
61. Hop directly to the side straddle position, the hands remaining in position on the floor; and recover the leaning rest position—2 counts.

Starting from the squatting position (Fig. 11.)

62. Extend the right leg sideward and forward as far as possible, knee straight, toes depressed; recover, alternate right and left—4 counts.

63. Keeping the hands and feet in place, extend the legs and raise the buttocks until the knees are straight; and recover—2 counts.
64. Extend both legs to the right; recover; extend them to the left; and recover—4 counts.

Starting from the side straddle position with arms extended sideward:

65. Twist the trunk alternately to the right and left; recover the starting position smartly—4 counts.
66. Bend forward at the waist and touch the ground with finger tips; (then knuckles, then the palm of the hand); and recover—2 counts.
67. Bend forward over the right knee and clasp the thigh with both arms; recover; same to the left; (get a full recovery each time)—4 counts.
68. Bombing exercise:
Bend the trunk to the right and touch the right ankle with the back of the right hand; swing through the erect position to the same bend to the left—2 counts.
69. Full bend knees and raise the arms over head; recover—2 counts.
70. Bend backward and raise the arms forward; recover—2 counts.
71. Hop to the position of attention with hands on shoulders; recover—2 counts.
72. Close and open hands. (In opening the fists the fingers should be forcibly extended.)

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73. Bend forward at the waist and push the fists through between the legs; rise to the erect position with arms overhead; bend forward and swing the arms downward outside the right leg; upward overhead again; downward outside the left leg; and recover starting position—6 counts.
74. Swing the arms upward and rise on the toes; recover; swing the arms upward and bend the knees; recover—4 counts.

Unless otherwise indicated the following exercises start from the position of attention:

75. Raise the arms forward and swing the right leg forward so that the right toe is touching about 20 inches to the front, weight on the left foot; move the arms sideward and throw the weight forward onto the right foot, stretching up and out to the front; recover in reverse order—4 counts.
76. Same with left foot forward.
77. Lunge forward with the right foot and extend both arms overhead; bend forward at the waist, arms in prolongation of the trunk; raise the trunk to the erect position; recover the position of attention—4 counts.
78. Starting from side straddle position, arms extended forward, hands clasped, swing the arms forcibly to right and left (keep the knees straight and the feet flat on the ground)—2 counts.

79. Starting from position with fingers laced on top of head, extend the arms upward, rise on the toes and stretch entire body; recover—2 counts.
80. Starting from the forward stride position, left foot in front, arms at the thrust, thrust out forcibly with the right and left fists alternately (put the weight of the body into each blow; reach out for an imaginary opponent) —4 counts.

V. EXERCISES FROM THE PRONE AND SITTING POSITIONS

Being in the supine position on the back, with hands under the buttocks, palms down:

1. Raise legs to vertical position; knees straight; toes depressed; and recover—2 counts. (Fig. 14.)



FIG. 14.—RAISE THE LEGS TO A VERTICAL POSITION, RAISE. An exercise from the prone position.

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2. Raise legs to 45 degrees position; and recover—2 counts.
3. Raise legs to vertical position; extend legs and hips upward, shoulders only touching; lower hips to ground, legs remaining vertical; lower legs to the ground—4 counts.
4. Raise legs alternately—4 counts.
5. Draw up knees; and extend—2 counts.
6. Draw up knees alternately—4 counts.
7. Raise legs and extend them over the head, endeavoring to touch the ground above the head with the toes; and recover—2 counts.
8. Raise and lower head—2 counts.
9. Raise hips from the ground, so that heels and shoulders only are touching; and recover—2 counts.
10. Draw up knees and then raise body so that head and feet only are touching; and recover—4 counts.
11. Separate legs; and recover—2 counts.

Being in prone position with hands on hips (in addition to above exercises):

12. Raise body to sitting position and lower it to the ground—2 counts. Caution: Require the men to keep the body erect in the sitting position.
13. Raise body to sitting position and extend the arms forward, finger tips on toes; and recover—2 counts.

14. Rise to sitting position with arms extended over head; recover prone position with arms still over head (parallel to ground)—2 counts.

Being in the sitting position, hands on the ground at the sides:

15. Draw up knees; and recover—2 counts.
16. Separate legs; and recover—2 counts.
17. Draw up knees alternately, clasping each, hard against the chest, with the arms—2 counts.
18. Arms forward; sideward; forward; and down—2 counts. (The chest should be elevated as the arms go down to the sides.)
19. All arms exercises, such as thrusting arms forward, upward, etc., etc.

Being in the prone position on the right (left) side, right arm extended overhead, left hand on hip:

20. Raise the extended left leg; and recover—2 counts.
21. Swing the extended left leg forward and back—2 counts.
22. Bend left knee and extend—2 counts.
23. Raise left arm sideward overhead until back of hands touch; and recover—2 counts.
24. Raise left arm as in preceding exercise and left leg at the same time—2 counts.
25. Raise left arm as above and swing left leg forward; and recover—2 counts.

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26. Swing both legs forward; and recover—2 counts.
27. Raise trunk laterally upward, right hip and right hand remaining on the ground; and recover—2 counts.

Being in the prone position, face downward, arms folded, face resting on the arms:

28. Raise both legs, knees straight; and recover—2 counts.
29. Raise trunk, hands remaining on the ground; and recover—2 counts.
30. Raise trunk and arms both so that legs and hips only are touching; and recover—2 counts.
31. Raise legs and trunk alternately, hands touching—4 counts.
32. Raise legs and trunk together, hands touching—2 counts.
33. Raise trunk as in exercise 30, and extend the arms sideward—2 counts.
34. Extend arms overhead and raise trunk and arms and recover—2 counts.
35. Raise head and arms, chest remaining against the ground—2 counts.

Note: All the abdominal stretching exercises enumerated above are very strenuous and should be given with great discretion, especially those from the prone position, face downward. The instructor should caution the men never to grunt while the abdominal wall is tensed and stretched, as such an act may cause a rupture.

CHAPTER IV

MARCHING AND MARCHING EXERCISES

THE acquisition of an erect, commanding carriage while walking is as desirable as the acquisition of one while standing. Such a graceful, well-poised carriage is only obtained through long training in marching and marching exercises. The instructor will find that the men who are trying hardest to follow his directions will at first appear awkward and in a very constrained position. This results from lack of coördination and muscle control. It is difficult for the untrained man to use any one muscle or set of muscles without at the same time using numerous allied muscles. The recruit always tries to pull his shoulders back with his biceps and forearm muscles. Likewise he swings his arms like pokers because he is trying to keep his back straight.

This lack of coördination should at the start cause the instructor little concern, however, for it will eventually be straightened out in practically all cases. The instructor must of course insist, and continue to insist, on a free arm swing and try and correct men individually who are especially stiff, but these features, at the start, are subordinate to other features of the carriage. The position of the trunk as described in the position of attention should be maintained while walking, the head

up, chest raised, and a very marked upward stretch around the waist. The shoulders should be carried loosely and the arms allowed to swing naturally, the hands being carried loosely closed. In the arm swing, the elbow joint should not be held rigid but the arm should be bent slightly as it swings to the front. The swing should be across the body as the arm swings to the front and should never be a straight front and rear poker-like movement.

The feet should not be turned out in walking, but should be planted pointing squarely to the front. The walk should be a heel and toe walk, that is, the heel striking the ground first, followed by the ball of the foot. As the leg completes the forward swing and just before the heel strikes the ground, the knee should be straightened out with a slight whipping motion.

For the marching exercises the squad is marched around the sides of a large square, the instructor remaining in the center. The squad is formed in column of squads or twos, depending upon the number of men in the detachment. The leader or leading rank makes the turns at the corners without command from the instructor, and must be so directed beforehand.

The length of the step while marching is thirty inches, measured from heel to heel, and the cadence is 120 steps per minute. If any deviation from this cadence is permitted it should be to increase the cadence rather than lessen it. It should never go above 130 a minute, however.

The instructor, when necessary, indicates the cadence

by counting ONE, TWO, THREE, FOUR, at the exact instants that the feet should be planted, ONE and THREE always coming on the left foot and TWO and FOUR on the right. Or the instructor may indicate the cadence by calling LEFT, RIGHT, or merely LEFT, LEFT, as the foot indicated should strike the ground.

Caution: In marching, the instructor must not allow the leaders to take a step which is too long for those in rear. As stated above, at first the men will carry the shoulders stiffly in an effort to keep the chest raised; the instructor should caution the entire squad to loosen up the shoulders, allow the arms to swing naturally, and make the chest muscles, alone, keep the chest in its proper position. Insist on a snappy movement of the legs and correct, individually, any man who has a bent-knee walk; that is, one in which the knee remains bent throughout the swing and does not straighten out, as it should, when it reaches the forward limit of its swing. Instructors will find that constant general and individual corrections will be necessary. These corrections must be made in such a way as not to discourage the man concerned; therefore, when a backward one does do something correctly he should be told of it.

Instructors will find that there will be an almost constant tendency to drag the step and keep it down below 120 steps per minute. This can be remedied by putting a bright, alert man, who has a good sense of rhythm, in front, and by counting the step in a short, clear-cut,

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snappy, manner. Instructors should practice walking and timing themselves, remembering that 120 steps per minute means ten steps every five seconds.

In executing the halt, the opportunity should be grasped to make it also a postural exercise. At the instant that the movement is completed by placing one foot by the side of the other, the position of ATTENTION should be assumed with a snap, heels together with a click, chest raised, head up and arms motionless.

The squad should be practiced in moving off at the command **Forward, MARCH**, and halting at the command **Squad, HALT**, as a part of the preliminary disciplinary exercises of every physical drill. If available, the instruction in walking should be given on a road, as that usually offers a more perfect surface to march upon, than does the drill ground.

The squad should be kept alert while marching by being marched to the rear, to the flank, and being halted at frequent intervals. In marching to the rear there is always a tendency to take too long a step just before turning about. This results in what may be called a sagging execution of the movement and should be promptly corrected.

The instructor will find it rather difficult to give the marching exercises at first, but will soon acquire the knack if he perseveres. The first marching exercises should be given only after the men have acquired a fair idea of cadence and then only to small groups of about the size of a platoon.

A majority of the marching exercises are executed in the cadence of quick time, some are faster, some slower, and some are done in broken time; that is, some motions requiring a longer time than others.

Every time that the erect position is assumed, if the exercise involves a bending movement, the instructor must insist on the heads being up and the chest raised. This may be done by interpolating the caution **Heads, UP** in counting the movement instead of the usual counts. For example, an exercise in two counts might be counted: ONE; TWO; ONE; TWO; Heads; UP; ONE; TWO; ONE; TWO; NOW; STRETCH; ONE; TWO; ONE; TWO; UP; HARD; ONE; TWO; etc. The interpolation must of course fit the movement desired, should be short, and must be given in cadence.

As a rule the arms should not be left free while some other part of the body is being exercised; one of the positions of hands on hips, hands on shoulders, arms to the thrust, fingers laced in rear of head, etc., should first be assumed and then the desired exercise executed. For instance: one of the simplest marching exercises would be executed as follows:

**Forward, MARCH,
Hands on hips, PLACE,
Rise on toes, EXERCISE.**

To cease an exercise the command **1. Quick time,
2. MARCH**, is given when the instructor feels that the

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exercise has been done long enough. At the command **MARCH**, the arms are dropped to the sides, if not in that position, the exercise is ceased, and the squad takes up the ordinary step and cadence of quick time.

Another simple exercise is one in which the knee is raised to the front until the thigh is horizontal, the lower leg being vertical and the toes forced down as the thigh reaches its horizontal position. In executing this exercise care must be taken that the body is held erect and is not allowed to bend forward as the knee is raised. The commands for this exercise would be given as follows:

Forward, MARCH,
Hands on hips, PLACE,
Raise knees, EXERCISE,
Quick time, MARCH.

When the marching exercises are first used they must be explained in detail, and illustrated when necessary.

In giving the commands care must be taken that the command of execution is given as the left foot strikes the ground. Thus in the above exercise the commands **PLACE**, **EXERCISE** and **MARCH** must be given as the left foot strikes the ground. The command of execution being thus properly given, the movement desired is executed by the men at the instant that the left foot strikes the ground the following time. Thus in an exercise the counts one, two, etc., for the exercise serve equally well as counts for the step.

All of the arm exercises, many of the trunk exercises

and several of the leg exercises may be done while marching. The arm exercises may be executed by detail while marching just as while standing still; care being taken to give the commands of execution as the left foot strikes the ground.

Various methods of walking may be used as exercises, such as the following:

Being at a halt with hands on hips, the full knee bend position is assumed at the command, **1. Full bend knees, 2. BEND.** The squad is then moved forward by the commands, **1. In this position, 2. Forward, 3. MARCH.** The ordinary erect walk is taken up at the command, **1. Quick time, 2. MARCH.** In this exercise the men should endeavor to move forward, keeping the body perfectly erect and maintaining the buttocks as close to the ground as they were in the full knee bend position.

Being at a halt, at the command, **1. To the squatting position, 2. BEND,** a position is assumed which is very similar to the full knee bend position except that the body is inclined slightly forward and part of the weight is supported on the hands, which are placed on the ground, in front of the feet. The walk desired is explained to the squad as follows: "Move forward on all fours; the left foot and left hand move together and the right foot and right hand move together, **1. Forward, 2. MARCH.**

A similar walk may be executed in which the hands are moved out to the front together and the feet are drawn up together, making a hopping style of movement.

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A few of the exercises may be executed while at double time, such as raising knees or heels and swinging the extended leg forward ankle high.

While at double time the squad may be required to turn and run sideways, the legs crossing over each other. For example: the command may be, "Turn the body to the left and run sideways, the left leg crossing in front of the right, **1. Left, 2. TURN.**" The exercise may be made more difficult by turning to the left and crossing the left leg in rear of the right.

The following exercises are suggested in addition to those mentioned:

1. Swing the extended leg forward, ankle high, (hands on hips)—2 counts. Same knee high and waist high (Fig. 15). Excellent to correct the bent-knee walk.
2. Swing extended leg backward (hands on hips)—2 counts.
3. Raise the heels backward.
4. Raise knee and straighten leg out to the front—2 counts.
5. Arms forward; upward; forward; and down—4 counts.
6. From hands on shoulders: bring elbows together, in front; and force them back—2 counts.
7. From position of arms to the thrust: thrust arms forward; upward; sideward; or downward—2 counts.

8. From position of thrust: thrust arms forward; swing arms downward; forward again; and back to the thrust—4 counts.

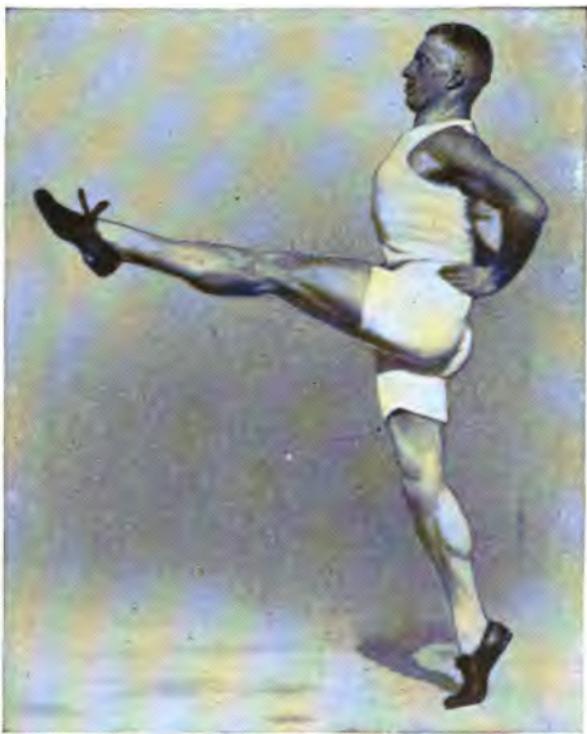


FIG. 15.—SWING THE EXTENDED LEG FORWARD, WAIST HIGH, EXERCISE. A marching exercise. Note that toe is depressed, knee straight, body erect and the chin raised.

9. From position of thrust: thrust right arm *up*; left arm *down*; back to thrust; thrust right arm *down* and left *up*; back to thrust—4 counts.

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10. From position with hands on hips: bend forward and touch the ground with both hands; recover erect position with hands on hips; extend both arms upward; recover position with hands on hips—4 counts. (This exercise has a broken cadence, the bending movement requiring more time than any of the others. A bending exercise, such as the first two counts only, of the above exercise should not be given alone. The extension of the arms upward accomplishes the very necessary function of straightening up the body.)
11. From thrust position: move shoulders forward; and back—2 counts.
12. From thrust position: move shoulders forward; up; back; and down—4 counts.
13. From position with hands on hips: bend head forward; or backward—2 counts.
14. Raise forearms to the vertical; extend them overhead; back to vertical position; and arms down—4 counts.
15. For further similar exercises see the chapter on calisthenics.

CHAPTER V

JUMPING EXERCISES

ARMY officers have always found that one of the most difficult problems in the instruction of soldiers is teaching agility, coöordination and poise, all of which are so necessary in bayonet combat, hand-to-hand fighting, bombing, and trench warfare generally. The jumping exercises are strenuous physical exercises and at the same time develop the above requisites.

For the jumping exercises the squad is first extended as for calisthenics. Practically all the jumping exercises start from what is known as the "ready" position. At the command **READY**, all men in the squad raise the arms to the forward position and come up on the toes. This position must be assumed with spring and the effort should be to rise up as nearly as possible on the very tips of the toes. (Fig. 16.) The body should be stretched to the limit throughout its entire length, the chest lifted, the head up and the back slightly arched. If properly taken the position is difficult to maintain and the squad should, therefore, not be required to maintain it for long intervals.

The ready position should be taught to the squad before any leaps are attempted. In working with a squad which has never done any jumping exercises the funda-

mental leap should first be worked out in detail. Later a short designation of the kind of leap desired will be sufficient; for all the exercises are merely adaptations of the fundamental leap. As a rule, the leap to be executed should be designated before the ready position is taken, and the command **LEAP** given shortly after the ready position has been assumed.



FIG. 16.—THE POSITION OF READY.

The fundamental leap is explained by detail as follows: Being in the ready position, at the command **LEAP** the arms are allowed to swing downward and to the rear slightly, the knees are bent and the body is inclined forward (Fig. 17). At the command **TWO** the knees are forcibly extended and the body thrown straight up to a position in the air, very similar to the ready position described above, *i.e.*, the arms coming up to the

forward position, head up, chest raised, back well arched, legs straight and toes depressed (Fig. 18). At the start



FIG. 17.

FIG. 17.—The first motion of all the jumps.



FIG. 18.

FIG. 18.—The simple leap perfectly executed. Note that the back is arched, chest raised, head up, knees straight, and the toes depressed.

the leap is merely straight up in the air so that on dropping to the ground the feet will be in their original position.

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As the legs are extended to throw the body upward the arms are swung up to the forward position thus helping to lift the body. An effort should be made to mark the position in the air with the body extended throughout its length, toes depressed, back arched, chest lifted, arms extended forward, head up. In dropping to the ground attempt should be made to alight just as softly as possible, the shock being taken up gradually throughout the body. The instant the toes strike, the legs are bent and any tendency to come down stiff-legged avoided (Fig. 19).

In the first leaps the men should be required to hold the alighting position, the arms remaining in the forward position and the legs being three-quarters bent. At the command **FOUR**, the legs are extended, the arms dropped smartly and the position of attention is assumed (Fig. 20).

Having practiced the leap by detail it may now be done as a whole, the squad being first brought to the ready and the leap executed by the command, **1. In Place, 2. LEAP.** At first the men will be very awkward and appear to be anchored to the ground, but they will soon be leaping several feet into the air and coming down with poise and grace.

The leap in place may be varied by requiring different positions of the arms and legs to be assumed in the leap; the starting and alighting positions remaining the same. The following are examples:

1. Leap and raise arms overhead.
2. Leap and raise arms sideward.

3. Leap and raise right arm overhead, left forward.
4. Leap and raise left arm overhead, right forward.



FIG. 19.—The alighting position from all the jumps.



FIG. 20.—The finish of every jump.

5. Leap and raise right arm overhead, left sideward.
6. Leap and raise left arm overhead, right sideward.
7. Leap and separate legs sideward, arms forward.

8. Leap and stride legs forward and back, arms forward.
9. Leap and stride legs forward and back, arms overhead.
10. Combinations of leg and arm movements given above.
11. Leap and alight faced to the right, left, or about.
12. Leap and raise knees forward; extending them again before the toes strike the ground; then alight without shock.

The leap as above executed may be combined with a forward or backward movement, the body alighting one, two, three, four or five feet in front or in rear of the starting position; as: 1. One foot backward, 2. READY, 3. **LEAP.**

The leap may be readily combined with the simpler movements of tumbling as: leap forward two feet and immediately on alighting execute a somersault to the front (forward roll). As the men become more proficient the somersault may be turned into a roll, the body being rolled up, arms clasping the knees, and the somersault made without touching the head or the hands to the ground.

The following may be used separately or combined with any of the above leaps:

1. Leap and somersault to the front.
2. Leap and roll up to the front.

3. Leap and execute a backward somersault to the rear.
4. Leap and roll backward.
5. Leap and half roll forward, then roll up backward.
6. Leap and roll twice to the front.
7. Leap and roll twice backward.

Hopping on the toes in the cadence of quick time from the position of hands on hips may also be used to advantage. The men should be required to keep step and hop just as lightly as possible. Turns to the right, left, etc., may be introduced, without stopping the hopping, by means of the commands: **1. Right, 2. TURN; 1. Left, 2. TURN; 1. Right about, 2. TURN.** At the second command in each case the men turn to the right, left, or about in one movement and continue the hopping. To secure a complete turn of 360 degrees to the right about, the command is **1. Whole turn to the right about, one, two, three, 2. TURN.** At the command **TURN**, the men leap as high as they can and endeavor to make a turn of 360 degrees in the air before again alighting on the ground. Upon alighting the hopping is resumed. The **one, two, three,** is introduced to more fully prepare the men for the command of execution. A turn of 540 degrees or once and a half around may be attempted by the command **1. Right about one and a half turns, one, two, three, 2. TURN.**

In using the hopping exercises the most important thing is keeping the cadence. The instructor should

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count the cadence, **one, two, one, two**, etc., when opportunity offers and should not continue the hopping too long at one time. The turns should not be attempted until the simple hopping exercise has been used several times and the men are able to keep in step. The hopping may be done from the position of hands on hips, hands on shoulders or with the arms raised to the thrust. To stop the hopping the command **1. Squad, 2. HALT**, is given.

CHAPTER VI

RIFLE EXERCISES

IN order to vary the physical drill somewhat rifle exercises may be substituted for the calisthenic drill.

The same principles which govern calisthenics should govern the rifle exercises. The aim should be to make the drill really a calisthenic drill in which the weight of the rifle is introduced. Sets of exercises which are memorized are of little value—in fact, are a positive detriment; for when once memorized, such exercises allow the soldier to take his mind off his work, and because of their monotonous sameness soon engender a strong dislike in all concerned. Such exercises should therefore be avoided. Some of the exercises should be large free movements, but the greater portion should be short, sharp, vigorous movements requiring both physical stamina and mental attention.

The rifle exercises are excellent and of great value but can be very easily overdone. The instructor must remember that the arms are used practically all the time and that the weight of the rifle is very fatiguing. If the men become so fatigued that part of them do the exercises in a careless manner, then positive harm is being done; for they are learning to do things other than as well as they know how. The instructor should give frequent rests

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and be careful to so arrange his exercises that the arms will be rested once in a while. This may be accom-



FIG. 21.—POSITION, ARMS.

plished by giving trunk exercises with the rifle at the shoulder horizontal behind the head and resting on the shoulders, etc.

Being at the order arms, extended as for calisthenics, the men are brought to the first position by the command,



FIG. 22.—SHOULDER HORIZONTAL, RAISE.

1. Position, 2. ARMS. The movement is executed in two counts.

At the command **ARMS**, the rifle is brought to port

arms as in the manual of arms. (TWO) Let go with the left hand, allow the muzzle of the piece to drop; regrasp



FIG. 23.—RIGHT SIDE HORIZONTAL, RAISE.

the piece with the left hand just above the lower band; both arms extended without stiffness, the piece horizontal and resting against the thighs, barrel up (Fig. 21).

Being at position arms, to resume the order, the command is, **1. Order, 2. ARMS.** The movement is executed in three counts. Let go with the left hand and take the position of port arms; then to the order in two counts as in the manual of arms.

The rifle is raised to a horizontal position in front of the shoulders, barrel down and touching the chest lightly, at the command **1. Shoulder horizontal, 2. RAISE.** (Fig. 22).

Wherever possible the commands used in the calisthenic exercises are used in the rifle exercises; as for instance: **1. Arms forward, 2. EXTEND; 1. Arms overhead, 2. RAISE; 1. Arms, 2. DOWN;** etc.

Being in the overhead position, the rifle is lowered to the shoulders behind the head by the command **1. Shoulder horizontal behind the head, 2. LOWER.**

The position of the rifle when held horizontal at the height of the shoulder and extended out to the side until



FIG. 24.—RIGHT LOW PERPENDICULAR, RAISE.

the arm on that side is extended its full length, is known as the right (left) side horizontal (Fig. 23).



FIG. 25.—LEFT HIGH PERPENDICULAR, RAISE.

The position of the rifle when held vertical at the right side, barrel to the rear, hands grasping the piece as in the starting position, the left hand in front of and against the right shoulder, is known as the right low perpendicular. (Fig. 24.)

The position of the rifle when held vertical, at the left side, barrel to the rear, hands grasping the piece as in the starting position, the left arm extended upward its full length, the right arm in front of the left arm pit, is known as the left high perpendicular (Fig. 25).

The rifle exercises are conducted just as the calisthenic exercises are conducted. First the exercise is executed by detail, one movement at a time and then in cadence by the com-

mand, 1. Ready, 2. EXERCISE. The movements are counted just as in the calisthenics, the manner of counting indicating the manner in which the exercise is to be done.

SUGGESTIONS FOR EXERCISES

ARM EXERCISES

1. From position arms; to shoulder horizontal; and recover—2 counts.
2. From position arms; to arms forward position—2 counts.
3. From position arms; to arms overhead position—2 counts.
4. From position arms; to side horizontal (right or left) —2 counts.

Note: The above exercises may be executed in either of two ways: first, by moving directly from one position to the other; and second by swinging out to the front or side as far as possible.

5. From shoulder horizontal: extend arms forward—2 counts.
6. From shoulder horizontal: extend arms upward—2 counts.
7. From shoulder horizontal: to shoulder horizontal behind head—2 counts.
8. From shoulder horizontal: extend to side horizontal (right or left)—2 counts.
9. From position arms: to shoulder horizontal; to overhead; to shoulder horizontal; back to position arms—4 counts.
10. From position arms: to shoulder horizontal; to arms

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forward; to shoulder horizontal; and back to position arms—4 counts.

11. From position arms: to right and left side horizontal, alternating—4 counts.
12. Same to right and left low perpendicular—4 counts.
13. Same to right and left high perpendicular—4 counts.
14. From shoulder horizontal: to overhead; to shoulder horizontal, behind head; to overhead; and back to starting position—4 counts.
15. From shoulder horizontal: to forward horizontal; keeping arms extended, rotate piece and cross arms; recover arms forward position; back to shoulder horizontal—4 counts.
16. From position arms: to left low perpendicular with right hand up; to left high perpendicular with left hand up; and return in reverse order—4 counts.

ARM, LEG AND TRUNK COMBINATIONS

1. Keeping rifle at position arms, shoulder horizontal or shoulder horizontal behind head, all trunk and leg exercises may be executed, such as:

Bend trunk to right; and recover—2 counts.

Bend trunk to right; and left alternating—2 counts.

Bend trunk forward; and recover—2 counts.

To full knee bend position; and recover—2 counts.

Raise knees alternately—4 counts.

Raise legs, knees straight, alternately—4 counts.

Rise on toes; and recover—2 counts.

Rise on toes; and extend rifle upward; recover—2 counts.



FIG. 26.—LUNGE TO THE RIGHT AND RAISE THE RIFLE TO THE RIGHT HORIZONTAL, LOOK TO THE RIGHT, LUNGE. A combination exercise.

2. From position arms: bend trunk forward at waist, lowering rifle to the ground; and recover—2 counts.

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3. Same from shoulder horizontal—2 counts.
4. From position arms: twist trunk to the right, raising rifle to shoulder horizontal; recover; and same to the left side—4 counts.
5. From overhead horizontal: bend to full knee bending position and extend the arms forward; recover starting position—2 counts.
6. From overhead horizontal: bend trunk forward and without bending the arms swing the rifle downward to the ground; recover—2 counts.
7. From the side straddle position, rifle overhead: bend forward and swing the rifle down between the legs, right hand leading; recover; repeat with left hand leading: recover starting position—4 counts.
8. From position arms: lunge to the right and thrust the rifle to the right side horizontal; recover; alternate right and left—4 counts. (Fig. 26.)
9. Same thrusting rifle to the opposite horizontal—4 counts.
10. Same thrusting rifle forward—4 counts.
11. Same thrusting rifle upward—4 counts.
12. Same raising rifle to same side perpendicular—4 counts.
13. Same raising rifle to opposite side perpendicular—4 counts.
14. From shoulder horizontal: lunge forward with right foot and bending forward lower rifle to the ground; recover; alternate right and left—4 counts.

15. From shoulder horizontal: bend backward and thrust the rifle upward; recover—2 counts.

Note: Just as in the calisthenic exercises, the exact nomenclature of each exercise is unimportant. Describe the position you want and get it; do not hesitate while trying to remember the words of the book.

CHAPTER VII

GIVING COMMANDS

THE subject of giving commands is one of the most important for an instructor to study and yet one of the subjects about which the least is known.

The voice is the medium through which all our ideas are conveyed and therefore can affect very markedly the impression that our ideas make on others. The writer knows of one very striking example of an officer who suffered greatly from this fact. The officer in question has the reputation of being very able and very pleasing personally. Nevertheless whenever he attempts to drill or instruct an organization he very promptly sets every man against him because his manner of speaking has a very pronounced snarl in it. As long as that officer keeps his snarl, the best ideas in the world will avail him absolutely nothing.

To cultivate a good voice requires practice just as does anything else. The following methods have been found to be very efficacious. In the first place the voice must be strengthened and the individual's almost universal diffidence removed. Practice in groups is, therefore, excellent at the start. This practice may consist in intoning such word combinations as sing-song, ding-dong, hong-kong, and in actually giving commands. In this practice each individual should endeavor to find his own

tone; for everyone has a tone which may be said to be the tone for his voice. This tone is the one in which the voice is most resonant, carries farthest and which tires the voice least. This tone is rarely the same in two persons and changes downward as the voice is used more and more. Once having found this tone it should be used in giving all commands. In practicing, the effort should not be merely to make noise. The tones produced should be clear, resonant and bell-like and should be sounded softly at first and then allowed to swell as loudly as they can be maintained with perfect resonance.

Commands of execution must be short, sharp and clear-cut, and should be made by the sudden expulsion of a very small amount of air. This may be practiced as follows: Fill the lungs about three-fourths full and, holding the air in the lungs, open the mouth and relax the throat muscles. Now practice saying HUH and HA just as shortly and sharply as possible. Do not change any of the throat muscles; make the sounds entirely by expelling short puffs of air from the lungs by the use of the diaphragm and muscles around the waist.

The practice intoning will strengthen the voice and develop the basic tones of preparatory commands. Practice saying HUH and HA develops ability to make the fundamental sounds of commands of execution.

Appended below is a short discussion of the subject of giving commands. This article has been extensively used in the instruction of cadets at the United States

Military Academy and was printed in the Infantry Journal for August 1917.

"A command, correctly given, has three general attributes: tone, quality, and volume. Of these three, volume is the least important. Tone is very important from the commander's view-point, as the tone, to a great extent, determines the strain on his voice. Quality determines the distinctness of the command, whether it may be readily understood, effects the carrying power of the command, and also affects the strain on the vocal apparatus.

"First, in giving commands, the commander should place himself so that he can see the entire command and so that the entire command will be included within the cone of maximum sound formed by his voice. This will generally be a point opposite the center of the command and at least as far from the command as one-half its width. In addition to locating himself so that he gets the maximum results from his efforts, the commander should always assume a military attitude in giving commands, for two reasons: first, because of the potent effect of a good example, and second, because he can give his commands better. If the shoulders are thrown back and the chest lifted commands can be given with maximum power and minimum effort. If the head is held high, the throat may be more easily opened and the sound is least obstructed because the throat forms a straight passage. In addition, the raising of the chin gives most freedom to the vocal organs. If the head is allowed to

droop, none of the above advantages will be obtained and the sound will be thrown down toward the ground and soon be lost. The head, shoulders, hands, in fact, the entire body should be kept still when giving commands. The snap and force needed especially in commands of execution, is obtained by a proper functioning of the diaphragm; the air being expelled suddenly from the chest by its use, not by flapping the arms or performing other convulsions. Always look directly toward the command and never look down toward the ground.

“Sound is formed, and its pitch, tone, and quality are determined in the throat. In order to preserve the voice, a constant effort should be made to keep the pitch down and the tone produced should come from the chest, not from the head. Other things being equal, the low-pitched voice will be able to give good commands for some time after a high-pitched voice will have failed from over-strain. The best tone quality is obtained by opening the throat as wide as possible and holding the head up so that the tone is least obstructed and most resonant. The teeth should also be opened in order not to obstruct the tone. Beginners will find it almost impossible to open the throat without opening the mouth at the same time, and should very properly do so.

“The sound having been formed in the throat, the mouth, tongue, teeth and lips shape the sound into words. Failure to properly use these parts of the vocal apparatus is a general fault, and results in unintelligible commands.

It is a simple matter to bellow loud enough to be heard several hundred yards; the difficult thing is to make the bellow intelligible even at a short distance. The secret of making commands intelligible lies in proper enunciation and clear-cut elegance of diction. To enunciate a word properly care must be taken that both the first and last letters of every single syllable are distinctly sounded, and that words are ended fully and sharply, without allowing the voice to droop on the last syllable.

"All commands which permit it should be pronounced as broadly as possible, as the voice has its best quality and is least strained when forming sounds which are given with the throat open. All 'a's' should be pronounced like 'a' in 'father.' Short closed sounds, such as the 'a' in 'day,' when given with any great volume of sound constrict all the muscles of the throat and soon inflame the throat tissues.

"Commands of execution need not have excessive volume, but must be short, sharp, and given at the proper time. Too great stress cannot be laid on this necessity for giving commands of execution at the proper instant. If marching, the command of execution of all movements should be given as one of the feet strikes the ground. In such commands as Company HALT, both commands should be given in cadence; the first as one foot strikes the ground; the second as the same foot strikes the ground again. It is preferable to give all commands possible on the left foot (except changes of direction to the right,

when the command should come on the right foot). In order to be able to give commands at the proper instant, the commander must have thoroughly absorbed the cadence of quick time and should never depend on watching the feet of his command or thinking of his own feet, in order to give his commands correctly.

"Commands of execution given both at a halt and while marching, should follow the preparatory command at an interval which is sufficiently long to enable every man in ranks to clearly understand the command. Beginners very frequently fail to give sufficient interval and should for that reason pay particular attention to it. The interval should be longer when giving commands to large bodies than when giving them to small bodies. An interval equal to the time required to take four steps in quick time is ample when giving commands to a very large company, and may be reduced to the time required to take two steps when giving commands to smaller units. When giving commands to a battalion, or other unit in which the preparatory command must be repeated by subordinate commanders, there should be an interval between the last preparatory command and the command of execution not less than the time required to take two steps in quick time.

"The method of giving commands indicated above is especially applicable to commands given to dismounted units. Where the control of horses is involved the interval between commands should be about double that used in

commands given to dismounted units, this to allow the horse to be prepared for the command of execution. Commands of execution given to mounted units are usually more prolonged, as mounted movements are not normally executed as sharply as dismounted movements; also there is frequently more noise, above which the command must be heard.

"A command which has all the mechanical perfections above outlined, still falls very far short of being a perfect command if it has not in addition enthusiasm and a vibrant 'lift' which makes every subordinate *want* to do his best and *proud* to do his best. Excellent drill sergeants have the mechanical perfections; the officer should most assuredly be equally well equipped in that respect, but he should also use his commands to stir the men and bring out the best that is in them. Slovenly, monotonic, drooping commands will transform the best organization in the world into a listless, careless, and worthless mob. A cheerful, vibrant, forceful command will just as quickly restore them to a willing, inspirited, efficient entity."

CHAPTER VIII

GAMES AND CONTESTS

GAMES and contests are not only very good exercise but are also excellent means of assisting in building up a "happy" organization. Care must be taken that they are not given too frequently, however, as their function should be merely to whet the appetite. Once or twice a month will be sufficient. The instructor should endeavor to so gauge the time that the games are stopped before the men start to become tired of them.

Any contests may be used which are readily explained, require little if any special equipment and allow a large number of men to participate. The following are suggested:

GROUP CONTESTS.

1. Inter-squad and inter-platoon tug-of-war: The contesting groups should be equal in number. Each side takes position along its half of a long heavy rope and endeavors to pull the other side out of its position. A centre point on the rope is marked, as are also points on the rope four feet on either side of the centre point. Tugs should be limited to two minutes. The side which pulls its opponent four feet, or has the centre point in its territory at the

end of two minutes, wins. At the instant that the pull starts a mark is made on the ground directly under the centre point on the rope.

2. Linked arm tug:

If no rope is available the men in each group link elbows.

3. Standing broad jump:

Each man of a group starts his jump from the point reached by his previous team-mate. The total distance covered is the jump of the entire group.

4. Hop, step and jump. Cumulative as in 3.

5. Two steps and jump. Cumulative as in 3.

6. Shot put (use stone for shot). Cumulative as in 3.

7. Bomb throwing for distance. Cumulative as in 3.

8. Push man:

Groups of equal size start from lines twenty yards apart. Each group endeavors to get men from the other side and push or pull them back over the line they started from.

9. Medicine ball race:

Teams, equal in size and from 6 to 12 men each, line up at 4-foot distances behind one another. A medicine ball, cloth ball, handkerchief or other article is passed back by the first man, going between the legs of every man on the team. The last man runs up to the leader's place with the ball and all the men shift backward one place and the ball is again passed down the column. The last

man must in every case be back on the same line and must carry the ball up and start it through while on the ground first occupied by the original leader. When the original leader has shifted all the way back to last place and carries the ball back to the start-line his team has finished. The team that finishes first wins. Teams may be required to complete the cycle twice before the race is completed.

10. Relay Race:

Teams to be equal in number. A circular course is preferable; if not available, each man may be required to run to a certain point and back touching his team-mate before the latter leaves the starting point.

11. Group 100-yard dash:

The slowest man in each group determines the speed of the group. Team-mates may assist each other in any way. This race may be run fully equipped.

12. Group pig-a-back race—40 yards:

Half of each group must ride pig-a-back. As soon as one carrier has crossed the finish line he can go back and help one of his team-mates. Last man determines the speed of the group.

13. Group obstacle race:

Speed of last man determines speed of group. Team-mates may help each other in any way.

14. Group one-legged 50-yard race:

Conducted as No. 11, contestants hopping on one leg only.

INDIVIDUAL CONTESTS

15. Potato race:

Each contestant starts from a line on which is placed one basket or other receptacle for each contestant. Eight potatoes (stones or pieces of wood, etc.) are placed along a course at intervals of 5 yards. The object is to recover the "potatoes" and place them in the receptacle. Only one "potato" may be recovered at a time. All must be inside the receptacle. A circle will suffice as a receptacle.

Athletic meets may include the following events which are capable of group scoring. It must always be kept in mind that the objective sought is the improvement of the weaker men and never the development of a few individual stars.

16. Standing broad jump:

Each contestant who clears 6 feet gets one point for his team and one point for each additional 6 inches.

17. Running broad jump:

One point for clearing 10 feet, one point for each additional foot.

18. Standing high jump:

One point for clearing 2 feet, one point for each additional two inches.

19. Running high jump:

One point for clearing 3 feet, one point for each additional 3 inches.

20. 12-lb. shot put (or stone):

One point for putting eighteen feet. One point for each additional foot.

Group events, such as 100-yd. dash (see No. 11), etc., should also be included. Five points are awarded for each member of team finishing first; three points for each member of the team finishing second; one point for third.

The following individual contests are taken from the Manual of Physical Training, U. S. Army:

"These exercises are those in which the benefits are lost sight of in the pleasure their attainment provides, which in the case of these contests is the vanquishing of an opponent. The men are pitted against each other in pairs; age, height, weight, and general physical aptitude being the determining factors in the selection.

"In the contests in which superiority is dependent upon skill and agility no restrictions need be placed upon the efforts of the contestants; but in those that are a test of strength and endurance it is well to call a contest a "draw," when the men are equally matched and the contest is likely to be drawn out to the point of exhaustion of one or both contestants. * * * * *

"Contests that require skill and agility should alternate with those that depend upon strength and endurance. In order to facilitate the instruction a number of pairs should be engaged at the same time.

"1. Cane wrestling: The cane to be about an inch in diameter and a yard long, ends rounded. It is grasped with the right hand at the end, knuckles down, and with the left hand, knuckles up, inside of and close to the opponent's right hand. Endeavor is then made to wrest the cane from the opponent. Loss of grip with either hand loses the bout.

"2. Cane twisting: Same cane as in 1. Contestants grasp it as in 1, only the knuckles of both hands are up, and the arms are extended overhead. Object: The contestants endeavor to make the cane revolve in their opponent's hands without allowing it to do so in their own. The cane must be forced down.

"3. Cane pulling: Contestants sit on the ground, facing each other, legs straight and the soles of the feet in contact. The cane is grasped as in 2, but close to the feet. Object: To pull the opponent to his feet. The legs throughout the contest must be kept rigid.

"4. 'Bucked' contest: Contestants sit on the ground 'bucked'; *i. e.*, the cane is passed under the knees, which are drawn up, and the arms passed under the cane with the fingers laced in front of the ankles. Object: To get the toes under those of the opponent and roll him over.

"5. Single pole pushing: Contestants grasp end of pole, 6 feet long and 2 inches thick, and brace themselves. Object: To push the opponent out of position.

"6. Double pole pushing: Two poles are placed under the arms close to the arm pits, ends projecting. Object: Same as in 5.

"7. Double pole pulling: Position as in 6 but standing back to back. Object: To pull the opponent out of position.

"8. 'Cock fight': Contestants hop on one leg with the arms folded closely over the chest. Object: By butting with the fleshy part of the shoulder without raising the arms, or by dodging to make the opponent change his feet or touch the floor with his hand or other part of his body.

"9. One-legged tug of war: Contestants hop on one leg and grasp hands firmly. Object: To pull the opponent forward or make him place the raised foot on the floor.

"10. The 'siege': One contestant stands with one foot in a circle 14 inches in diameter, the other foot outside, and the arms folded as in 8. Two other contestants, each hopping on one leg, endeavor to dislodge the one in the circle by butting him with the shoulder. The besieged one is defeated in case he raises the foot in the circle, or removes it entirely from the circle. The besiegers are defeated in case they change feet or touch the floor as in 8. As soon as either of the latter is defeated his place is immediately filled, so that there are always

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two attacking. The besieged should resort to volting, ducking, etc., rather than to depend upon his strength.

"11. One-armed tug: Contestants stand facing each other; right hands grasped, feet apart. Object: Without moving feet, to pull the opponent forward. Shifting the feet loses the bout.

"12. 'Tug royal': Three contestants stand facing inward and grasp each other's wrists securely and with their feet outside a circle about three feet in diameter. Object: By pulling or pushing to make one of the contestants step inside of the circle.

"13. Indian wrestling: Contestants lie upon the ground face up, right shoulders in close contact, right elbows locked; at *one* the right leg is raised overhead and lowered, this is repeated at *two*, and at *three* the leg is raised quickly and locked with the opponent's right leg. Object: To roll him over by forcing his leg down."

CHAPTER IX

FOR THE CIVILIAN INSTRUCTOR

THIS chapter is intended especially for the instructor who has not had military training.

The general scheme of military drill is very simple. The leader conveys his desires to his group by means of short simple commands. These commands are of two kinds, *i.e.*, preparatory commands and commands of execution. The preparatory command indicates the movement desired and the command of execution is the signal to start the desired movement. For instance, if the leader wishes his group to move forward he gives the command **Forward, MARCH**. **Forward** is the preparatory command, and **MARCH** is the command of execution. Throughout the book preparatory commands are printed in black lower case and commands of execution are printed in black capitals. In this connection the instructor should now read Chapter VII, which discusses in detail the subject of giving commands.

To properly conduct a physical drill an instructor should be able to execute the drill movements himself and explain them in minute detail. The few infantry drill movements necessary for physical drill are explained below. In each case the command appears first and the method of execution follows:

FALL IN.

To start a calisthenic section, the pupils should first be told to arrange themselves in a rank or row, all facing in the same direction and toward the instructor and with four inches interval between the elbows of adjacent individuals. It will at first be necessary for the instructor to indicate precisely the line he desires the class to form on. The pupils should be then arranged in the line according to height, and told to form in the same order in the future. (See note below.)

The pupils should then be told that the signal to take this formation in the future will be the command **FALL IN**.

From the start the pupils should be required to jump to their places, and having arrived there to immediately assume a correct position. This correct position is described in Chapter II, page 17, and should be explained to the class the first thing after they are formed. It will be necessary to describe the correct position at the beginning of the first few drills, and it will be found that individual and a few collective corrections will be necessary even with advanced pupils.

NOTE: If the section is composed of more than thirty pupils, it should be formed in double instead of single rank. The second, or rear rank, is formed directly in rear of the front rank with a forty-inch space between ranks. There should be the same number of pupils in each rank. The pupils in the rear rank should so place themselves that each one will be directly in rear of a pupil in the front rank and forty inches behind him. When thus properly behind his front rank man, the pupil in rear is said to be "covering."

In starting the drill the instructor must encourage the pupils just as much as possible. They should be made to feel that the work they are doing is going to benefit them directly and immediately, and every effort should be made to appeal to their pride. Sarcasm is a most harmful means of obtaining results and should not be employed.

Right, FACE (Left, FACE).

At the command **FACE**, the body is turned ninety degrees to the right, pivoting on the right heel. The turn is accomplished by raising the ball of the right foot and turning the body to the right by pressing on the ball of the left foot. The turn of the body is made in one motion. The movement is completed by bringing the left foot up smartly beside the right. This movement of the left foot is accomplished as a second and distinct motion.

When a section faces, all should execute the movement simultaneously, first the turn, and second, the click as the heels come together. As the movement is completed the position of attention is assumed—the chest up, chin slightly raised, the arms motionless.

Being at a halt, to march forward the commands are **Forward, MARCH.**

At **Forward**, the preparatory command, the weight is thrown very slightly to the right and the greater part of the work of supporting the body is assumed by the right

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leg. This movement should be almost imperceptible. At the command MARCH, the left foot is carried forward smartly and planted, without shock, thirty inches in front of its starting position. In this connection the following is important.

Rule: Always step off with the left foot first. Having advanced the left foot, the right is advanced and planted thirty inches in front of the left, and so on. The arms are allowed to swing naturally while marching.

The length of the step while marching is thirty inches, measured from heel to heel, and the cadence is 120 steps per minute.

Instructors will find that there will be an almost constant tendency to drag the step and keep it down to less than 120 steps per minute. This can be remedied by putting a bright, alert pupil who has a good sense of rhythm in front and by counting the step in a short, clear-cut, snappy manner. Instructors should practice walking and timing themselves, remembering that 120 steps per minute means ten steps every five seconds.

To halt the squad the commands are: **Squad (Section, etc.), HALT.**

At the command **HALT**, given as either foot strikes the ground, advance and plant the other foot as in marching, raise and place the first foot smartly by the side of the other. At the same instant that the movement is completed by placing the first foot by the side of the other,

the position of attention should be assumed with a snap, heels coming together with a click and the chin raised with a slight toss.

The section should now be practiced in moving off at the command **Forward, MARCH**, and halting at the command **Section, HALT**.

Being in column, to change direction (*i.e.*) to turn a corner at right angles) the commands are:

Column Right (Left), MARCH.

At the command **MARCH**, the leading man (or leading pair, or rank) turns to the right in marching and moves off in the new direction. The other men march squarely up to the turning point and turn successively on the same ground. (Note: In a physical drill the leaders should be instructed to march in a square around the instructor, making the turns without commands.)

Being at a halt to march backward, the commands are: **Backward, MARCH.**

The pupils take steps of fifteen inches straight to the rear. (This movement is used for short distances only.)

When handling very small sections, the calisthenic exercises may be given to the section in line, facing the instructor; sections of thirty or more, however, should be extended so that all will have sufficient room. This is accomplished by first having the section count off and then take distance to the front.

Being in line at a halt, to count off, the commands are:

COUNT OFF.

At this command all except the pupil on the extreme right turn the head and eyes to the right, and beginning on the right the pupils count **one, two, three, four, one, two, three, four, one, two, etc.**, in succession; each individual turns his head and eyes to the front as he counts. If for any reason the instructor wishes to count off by threes or other number instead of fours, he prefixes the number desired to the command, thus:

Threes, COUNT OFF.

In counting off, when in double rank, the pupils of the rear rank count off just as the front rank does, each pupil in the rear rank being careful to count off at exactly the same instant that the man in front of him does.

To take distances to the front the commands are:
Take distance, MARCH; Section, HALT.

At the command **MARCH**, all the numbers 1 of the front rank move straight to the front, stepping off on the left foot first; all the numbers 2 of the front rank step off so as to follow the numbers 1 at four paces; the numbers 3 and 4 of the front rank, and the numbers 1, 2, 3 and 4 of the rear rank, in the order named, move straight to the front, each stepping off so as to follow the preceding number at four paces. The command **HALT** is given when all have their distances. As the pupils move forward, each rank of numbers aligns itself and guides to the right. The cadenced step is maintained throughout the movement.

Being at distances to assemble the squad the commands are:

Assemble, MARCH.

All the numbers 1 of the front rank stand fast; at the command **MARCH** all the other numbers step off and move forward to their proper places in the original double or single rank formation from which they started.

The above comprises the drill movements which are absolutely essential in the conduct of a physical drill. For further infantry drill movements the Infantry Drill Regulations, U. S. Army, should be consulted.

Having mastered the above drill movements, both theoretically and practically, the instructor is ready to proceed with the conduct of a physical drill as outlined in Chapter II.

APPENDIX

The following paragraphs have been selected from the War Department publication, "Special Regulations No. 23, Field Physical Training of The Soldier." These regulations were written by Major Koehler in order to supply a definite program to be followed by new instructors:

SECTION IV HINTS TO INSTRUCTORS

"26. Exercise the Means, Not the End.—It should be borne in mind constantly that the exercises are the *means* and not the *end*, and that it is the application of an exercise rather than the exercise itself that brings results. Whenever a doubt arises in an instructor's mind as to the effect of an exercise, or the condition of a man, he should always err on the side of safety. *Underdoing is rectifiable; overdoing is often not.*

"27. Respiration While Exercising.—Every exercise should, if possible, be accompanied by an uninterrupted act of respiration; *inhalation*, whenever possible, should always accompany that part of an exercise that tends to elevate and extend the thorax, while *exhalation* should accompany that part of an exercise that tends to exert a pressure on the chest walls.

"28. Time for Physical Drills.—Exercises should never be indulged in *immediately before or after a meal*; digestion

is of primary importance at such times. An hour and a half should elapse after meals before engaging in any strenuous exercises, and, if possible, such exercises should terminate an hour or at least a half hour before eating.

"29. 'Before Reveille' Drills.—'Before reveille' exercises' are not recommended; if indulged in at all, they should never go beyond a few arm stretchings and relaxed trunk-bending exercises; just exertion enough to mildly accelerate circulation.

"30. Uniform to be Worn.—The uniform to be worn will depend upon the season of the year and the weather conditions. During the summer undershirts, loosely laced breeches, and tennis shoes may be worn; during the colder months flannel olive drab shirts and the ordinary shoes should be prescribed. The leggings will not be worn.

"After exercising the underclothing should be immediately removed; and if it is impossible to bathe, the body should be thoroughly rubbed dry with a coarse towel."

SECTION VII

GENERAL REMARKS

	Paragraph
What course comprises.....	36
Number of times an exercise should be repeated.....	37
Exercising to point of exhaustion.....	38
Starting positions and commands therefor in first four lessons.....	39
Progressive difficulty, how obtained.....	40
Significance of numbers bracketed after exercises.....	41
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“36. What Course Comprises.—The following course comprises 12 lessons, one for each week of the three months' training course. No advance lessons should, however, be taken up until satisfactory proficiency has been made in the preceding lesson.

“At the discretion of the instructor the essential principles of the last lesson may be incorporated in the advance lesson.

“37. Number of Times an Exercise Should be Repeated.—The number of times an exercise should be repeated has not been specified, as that will depend entirely upon the strength, aptitude, and proficiency of the men and upon the *common sense* of the instructor, who is again *warned to err upon the side of safety*.

“38. Exercising to Point of Exhaustion.—To exercise men to the *point of exhaustion* is not only liable to *result seriously*, but it *kills the spirit and enthusiasm* of the men, and without these successful military training of any kind is impossible. It cannot be impressed too urgently upon instructors and upon others connected with the training of recruits that this drill, particularly the morning drill, must leave the men fit, able, and willing for their other tasks with an increased rather than with a diminished amount of exuberance.

“Instructors who have not the faculty of obtaining this result should not be intrusted with this instruction.

“39. Starting Positions and Commands Therefor in First Four Lessons.—In the first four lessons the starting

position from which the exercises are executed and the commands for assuming these positions are given. In the other lessons these commands are omitted, instructors, it is taken for granted, being able to substitute the proper commands.

"40. Progressive Difficulty, How Obtained.—In a general way the difficulty of an exercise is increased progressively by adding to the radius of action, by employing two or more parts of the body, or by changing the radius of action in conjunction with the principal movement. Thus in the trunk exercises the part about which the movement takes place is held fixed by the hands in the beginning. When sufficient coördination has been developed and these parts can be controlled without the aid of the hands, the radius is augmented by assuming certain horizontal or vertical positions with the arms; finally difficulty is added by changing the radius of action from one plane to another, or from one position to another in the same plane simultaneously with the principal movement. It will thus become necessary to impress upon the men the necessity of learning to move one or more parts of the body independently of those that are not specifically employed.

"41. Significance of Numbers Bracketed After Exercises.—Where bracketed numbers are found after an exercise, they refer to pages in the Manual of Physical Training, where similar exercises are illustrated and described.

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"42. Instructors Must Familiarize Themselves with Work.—Instructors are cautioned that success can only be expected if they themselves are thoroughly familiar with every exercise.

"43. Definition of the Stride and Straddle Positions.—Where the term *stride* is used in the lessons it signifies the movement of one foot in the direction *indicated* to a distance of about *20 inches*; the term *straddle* signifies the separation of both feet simultaneously, with a slight hop, and distance between the feet is about *30 inches*. In both positions the weight is equally divided upon both feet.

"44. Frequency of Rests.—In the beginning short but frequent rests should be given; later, as the men become better conditioned, the frequency of the rests should be decreased.

"Short and snappy drills are always to be preferred to long and tedious drills."

SECTION VIII LESSONS FOR RECRUIT

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Ninth lesson.....	53
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"45. **First Lesson.**—Disciplinary Exercises. 1. Attention; 2. At Ease; 3. Rest; 4. Facings.

"B. Starting Positions.

"C. Setting up Exercises (every exercise has two motions):

- " 1. **Arms forward, 2. RAISE.** Swing arms downward and forward.
- " 2. **Hands on hips, 2. PLACE.** Rise on toes. (33.)
- " 3. **Hands on hips, 2. PLACE.** Bend head backward; same forward. (38.)
- " 4. **Hands on hips, 2. PLACE.** Turn trunk right; same left. (40.)
- " 5. **Arms to thrust, 2. RAISE.** Half bend knees slowly. (35.)
- " 6. **Hands on hips, 2. PLACE.** Bend trunk forward. (36.)
- " 7. **Arms to thrust, 2. RAISE.** Raise and lower shoulders. (32.)
- " 8. **Hands on hips, 2. PLACE.** Bend trunk sideward, right; same left. (37.)
- " 9. **Arms forward, 2. RAISE.** Stretch arms sideward. (43.)
- " 10. **Hands on hips, 2. PLACE.** Bend trunk backward. (34.)
- " 11. **Hands on hips, 2. PLACE.** Raise knees forward alternately. (41.)
- " 12. Breathing Exercise. Inhale and raise arms sideward; exhale and lower arms.

"D. Marching Exercises:

"1. Marching in column in quick time and halting.

"2. Same, marking time and halting.

"E. Jumping Exercises:

"1. Rise on toes and arms forward, **RAISE**, swing arms downward and bend knees, swing arms forward and extend knees, and recover attention.

"2. Jumping in place. (193.)

"F. Double timing:

"1. Double timing, change to quick time and halting. (92.)

"G. Concluding Exercises:

"1. Raise arms forward and sideward quickly, muscles relaxed.

"2. Breathing exercise, raising and lowering arms sideward.

NOTE.—The marching, jumping, and double-timing exercises should always include those of the preceding lesson.

"46. **Second Lesson.**—A. Disciplinary Exercises. Same as in first lesson.

"B. Starting positions.

"C. Setting-up Exercises (every exercise has two motions):

"1. **Arms forward**, 2. **RAISE**. Swing arms sideward.

"2. **Hands on hips**, 2. **PLACE**. Rise on toes. (33)

“C. Setting-up Exercises—Continued.

- “3. **Hands on hips, 2. PLACE.** Turn head right; same, left. (41.)
- “4. **Hands on shoulders, 2. PLACE.** Turn trunk sideward, right; same, left. (40.)
- “5. **Hands on hips, 2. PLACE.** Full bend knees, slowly. (39.)
- “6. **Hands on hips, 2. PLACE.** Bend trunk forward. (36.)
- “7. **Arms to thrust, 2. RAISE.** Move shoulders forward and backward. (35.)
- “8. **Arms sideward, 2. RAISE.** Bend trunk sideward, right; same, left. (31.)
- “9. From attention: Stretch arms forward and sideward.
- “10. **Hands on hips, 2. PLACE.** Bend trunk backward. (34.)
- “11. **Hands on hips, 2. PLACE.** Extend right and left leg forward. (44.)
- “12. Breathing Exercises: Inhale, raising arms sideward and upward; exhale, lowering arms sideward.

“D. Marching Exercises:

- “1. Marching in column in quick time, mark time, marching in quick time and halting. (88.)
- “2. Marching on toes. (89.)
- “3. Marching on toes and rocking.

"E. Jumping Exercises:

- "1. From attention, jump in place. (193.)
- "2. From attention, jump forward.

"F. Double Timing:

- "1. Double timing. (92.)
- "2. Double time, change to quick time, to double, to quick time and halting.

"G. Concluding Exercise:

- "1. Bend trunk sideward, muscles relaxed.
- "2. Breathing exercise, as in 12.

"47. Third Lesson.—A. Disciplinary Exercises, as in first lesson.

"B. Starting Positions.

"C. Setting-up Exercises:

"1. **Arms forward, 2. RAISE.** Swing arms downward and sideward. (4 motions.)

"2. **Hands on hips, 2. PLACE.** Rise on right and left toes, alternatingly. (4 motions.) (46.)

"3. **Hands on hips, 2. PLACE.** Bend head forward and backward. (4 motions.) (38.)

"4. **Arms sideward, 2. RAISE.** Turn trunk right and left. (4 motions.) (53.)

"5. **Hands on hips, 2. PLACE.** Rise on toes and full bend knees slowly. (2 motions.) (39.)

"6. **Fingers in rear of head, 2. PLACE.** Bend trunk forward. (2 motions.) (42.)

“C. Setting-up Exercises—Continued.

- “7. **Arms to thrust, 2. RAISE.** Move shoulders forward, upward, backward, and recover (4 motions.)
- “8. **Hands on shoulders, 2. PLACE.** Bend trunk sideward, right, and left. (4 motions.) (37.)
- “9. From attention: Stretch arms sideward, upward, sideward, and recover. (4 motions.)
- “10. **Hands on shoulders, 2. PLACE.** Bend trunk backward. (2 motions.) (34.)
- “11. **Hands on hips, 2. PLACE.** Extend right and left leg backward. (2 motions.)
- “12. Breathing exercise: Inhale, raising arms forward, upward; and exhale, lowering arms sideward, down.

“D. Marching Exercises:

- “1. Marching in quick time, raising knees. (89.)
- “2. Raising heels.
- “3. Thrusting arms sideward.

“E. Jumping Exercises:

- “1. Standing broad jump forward.
- “2. Three successive broad jumps.

“F. Double Timing:

- “1. Double timing. (92.)
- “2. Double timing, marking time in the double and forward.
- “3. Double timing and halting from the double.

"G. Concluding Exercises:

- "1. Bend trunk forward and backward, relaxed.
- "2. Breathing exercise, as in 12.

"48. **Fourth Lesson.**—A. Disciplinary Exercises, as in first lesson.

"B. Starting Positions.

"C. Setting-up Exercises:

- "1. **Hands on shoulders, 2. PLACE.** Extend arms forward; swing sideward, forward, and recover. (4 motions.)
- "2. **Hands on hips, 2. PLACE.** Rise on toes quickly. (2 motions.) (33.)
- "3. **Hands on hips, 2. PLACE.** Turn head right and left. (4 motions.) (41.)
- "4. **Arms upward, 2. RAISE.** Turn trunk right and left. (4 motions.)
- "5. **Hands on hips, 2. PLACE.** Half bend knees, quickly. (2 motions.) (35.)
- "6. **Arms sideward, 2. RAISE.** Bend trunk forward. (2 motions.)
- "7. **Hands on shoulders, 2. PLACE.** Move elbows forward, and stretch backward. (2 motions.) (45.)
- "8. **Arms upward, 2. RAISE.** Bend trunk sideward, right and left. (4 motions.)
- "9. From Attention: Stretch arms forward, sideward upward, sideward, forward, and recover. (6 motions.)

“C. Setting-up Exercises—Continued.

- “10. **Arms sideward**, 2. **RAISE**. Bend trunk backward. (2 motions.)
- “11. **Hands on hips**, 2. **PLACE**. Extend legs sideward. (2 motions.)
- “12. Breathing Exercises: 1. Inhale and raise arm forward, upward; exhale and lower arms sideward.

“D. Marching Exercises:

- “1. Marching in quick time, raising knees, rising on toes of other foot.
- “2. Swinging extended leg forward, ankle high.
- “3. Thrusting arms sideward.

“E. Jumping Exercises:

- “1. Three successive standing broad jumps.
- “2. Jumping in place, raising knees.

“F. Double Timing:

- “1. Double timing.
- “2. Raising heels.
- “3. Double timing, sideward, crossing legs.

“G. Concluding Exercises:

- “1. Swing arms forward, upward, relaxed.
- “2. Breathing exercise as in 12.

“49. **Fifth Lesson**.—A. Disciplinary Exercises.

“B. Starting Positions.

“C. Setting-up Exercises:

- “1. Arms to thrust, thrust arms upward; swing forward-downward; forward-upward and recover. (4 motions.) (55.)

"C. Setting-up Exercises—Continued

- "2. Hands in rear of head, rise on toes and rock. (2 motions.) (39.)
- "3. Hands on hips, bend head forward and backward. (4 motions.)
- "4. Hands on shoulders, turn trunk right and left, stretching arms sideward. (4 motions.) (52.)
- "5. Full bend knees, hands on ground between knees, squatting position, extend right and left leg backward, alternatingly. (4 motions.) (65.)
- "6. Hands on shoulders, bend trunk forward and stretch arms sideward. (2 motions.) (51.)
- "7. From Attention, curl shoulders forward and stretch backward. (2 motions.) (38.)
- "8. Hands on shoulders, bend trunk sideward, right and left, extending arms sideward. (4 motions.) (65.)
- "9. From Attention, flex forearms vertically; extend upward; flex and recover. (4 motions.) (54.)
- "10. Hands on shoulders, bend trunk backward, and stretching arms sideward. (2 motions.) (56.)

“C. Setting-up Exercises—Continued.

- “11. From Attention, raise arms forward and extend leg forward; stretch arms sideward, extending leg backward; move arms and leg to first position and recover attention. (4 motions.) (53.)
- “12. Breathing Exercise, raise arms sideward; upward; and lower laterally quickly. (4 motions.)

“D. Marching Exercises:

- “1. March in quick time and swing extended leg forward, knee high.
- “2. Raising knee and hopping on other foot.
- “3. From arms forward, swing arms upward.

“E. Jumping Exercises:

- “1. Standing hop, step and jump.
- “2. Preliminary running broad jumps.
- “3. Broad jump from a walking start of four paces. (197.)

“F. Double Timing:

- “1. Double timing.
- “2. Double timing sideward, crossing leg in front.
- “3. Double timing, raising knees.

“G. Concluding Exercises:

- “1. Bend trunk forward and backward, relaxed.
- “2. Breathing exercises, as in 12.

"50. **Sixth Lesson.**—A. Disciplinary Exercises.

"B. Starting Positions.

"C. Setting-up Exercises:

- "1. Hands on shoulders, extend arms forward, swinging right arm up, left down; return to front horizontal and recover; same reversed. (8 motions.)
- "2. Hands on hips, rise on toes; bend knees quickly, extending arms sideward; recover. (4 motions.)
- "3. Hands on hips, turn head, right and left and bend forward and backward. (8 motions.)
- "4. Arms upward, turn trunk, right and left, stretching arms to side horizontal, palms up. (4 motions.)
- "5. From Attention, bend knees to squatting position (see exercise 5, lesson 5) and extend legs backward to front leaning rest; return to squatting position, and recover position of attention. (4 motions.) (58.)
- "6. Hands on hips, full bend trunk forward, stretching arms downward. (2 motions.)
- "7. Arms sideward, rotate arms forward and backward. (2 motions.) (52.)
- "8. Arms upward, bend trunk sideward, right and left; stretching arms to side horizontal, palms down. (4 motions.)

“C. Setting-up Exercises—Continued.

- “9. From Attention, stretch arms forward; sideward; upward; sideward; forward and recover. (6 motions.)
- “10. Arms upward, bend trunk backward, stretching arms to side horizontal, palms up. (2 motions.)
- “11. From Attention, stretch arms sideward, extending leg sideward. (2 motions.)
- “12. Breathing Exercise: Raising arms forward, upward, and lowering laterally.

“D. Marching Exercise:

- “1. Marching in quick time.
- “2. Swing extended leg forward, waist high.
- “3. Raising knee and extend leg forward.
- “4. Extend arms sideward, from hands on shoulders.

“E. Jumping Exercises:

- “1. Broad jump, walking start of 8 paces.
- “2. Broad jump, running start of 6 paces.
- “3. Hop, step, and jump, from walking start of 8 paces. Take-off to be from the right and left foot.

“F. Double Timing:

- “1. Double timing.
- “2. Swinging extend leg forward.
- “3. Raising knees.

“G. Concluding Exercise:

- “1. Swing arms forward and sideward, relaxed.
- “2. Breathing exercises, as in 12.

“51. **Seventh Lesson.**—A. Disciplinary Exercises.

“B. Starting Positions.

“C. Setting-up Exercises:

- “1. Right arm upward, swing right arm downward and left upward, and reverse. (2 motions.)
- “2. Hands on hips, hop alternatingly on right and left foot, extending leg forward. (4 motions.)
- “3. Hands on hips, neck exercise.
- “4. Stride sideward right and raise arms forward. Turn trunk right and left, stretching arms to side horizontal. (4 motions.)
- “5. From Attention, bend knees to squatting position, extend legs to leaning rest (see Exercise 5, lesson 6), bend and extend arms, return to squatting position and recover attention. (6 motions.)
- “6. Arms to thrust, thrust arms forward, sideward, upward, and down. (8 motions.)
- “7. Stride sideward right and raise arms sideward. Full-bend trunk forward, stretching arms downward. (2 motions.)
- “8. Side stride right, arms forward, bend trunk sideward, right and left, stretching arms sideward, palms down. (4 motions.)

“C. Setting-up Exercises—Continued.

- “9. From Attention, stretch arms as in sixth lesson, rising on toes with upward stretch. (6 motions.)
- “10. Side stride right, arms forward, bend trunk backward, stretching arms sideward, palms up. (2 motions.)
- “11. Front stride right, arms forward, stretch arms sideward, extending left leg backward. (2 motions.)
- “12. Breathing Exercise: Raising arms sideward, upward, and lower forward.

“D. Marching Exercises:

- “1. Marching in quick time.
- “2. Raising knees.
- “3. Swing arms downward and forward, and sideward from arms forward.

“E. Jumping Exercises:

- “1. Broad jump, facing right, running start of 12 paces.
- “2. Same, facing left.
- “3. Broad jump, raising knees, running start of 8 paces.

“F. Double Timing:

- “1. Double timing
- “2. Raising leg backward.
- “3. Lengthening stride.

“G. Concluding Exercises:

“1. Bending trunk forward and backward, relaxed.

“2. Breathing exercises, as in 12.

“52. Eighth Lesson.—A. Disciplinary Exercises.

“B. Starting Positions.

“C. Setting-up Exercises:

“1. Arms sideward, palms up, circumduct arms backward. (2 motions.)

“2. Hands on shoulders, rise on toes, extending arms upward. (2 motions.)

“3. Side stride right, hands on hips, neck exercises.

“4. Side stride right, arms sideward, turn trunk, right and left, stretching arms upward. (4 motions.)

“5. From Attention, bend knees to squatting position; extend legs to leaning rest, legs separated; bend and extend arms; return to squatting position and recover Attention. (6 motions.)

“6. Arms to thrust; thrust right arm upward and left down, and alternate. (4 motions.)

“7. Side stride right, arms sideward, bend trunk forward, stretching arms obliquely forward, upward, and bend trunk backward, stretching arms sideward. (4 motions.)

"C. Setting-up Exercises—Continued.

- "8. Side stride right, arms sideward, bend trunk sideward, right and left, stretching arms upward. (4 motions.)
- "9. From Attention, stretch arms, rising on toes as in seventh lesson. (6 motions.)
- "10. Side stride right, hands on hips, rise on toes, full bend knees, and extend arms sideward. (4 motions.)
- "11. From Attention, stretch arms sideward, extending leg forward; stretch arms upward, extending leg backward; return to first position and recover. (4 motions.)
- "12. Breathing Exercises: Raising and lowering arms laterally.

"D. Marching Exercises:

- "1. Marching in quick time.
- "2. Raise knee and hop on other foot.
- "3. Lunging step. (90.)
- "4. Circumduct arms backward, from arms sideward.

"E. Jumping Exercises:

- "1. Standing broad jump for distance.
- "2. Standing three jumps for distance.
- "3. Standing hop, step, and jump for distance.

"F. Double Timing:

- "1. Double timing.
- "2. Lengthening step.
- "3. Swinging extended leg forward.

"G. Concluding Exercises:

- "1. Circling arms outward, relaxed.
- "2. Breathing exercises, as in 12.

"53. Ninth Lesson.—A. Disciplinary Exercises.

"B. Starting positions.

"C. Setting-up exercises:

- "1. Forearms flexed horizontally, fling arms sideward; stretch upward; lower sideward, and recover. (4 motions.)
- "2. Side stride right, rise on toes, swinging arms forward upward. (2 motions.)
- "3. Hands on hips, neck exercises.
- "4. Hop to side straddle, arms forward, fingers laced, turn trunk, right and left; swing arms sideward, right and left. (2 motions.)
- "5. Arms to thrust; quarter, half and full bend knees; thrusting arms sideward. (4 motions.)
- "6. Hop to side straddle, arms upward, full bend trunk forward, swinging arms between legs; swing arms upward and back and bend trunk backward. (2 motions.) (63.)
- "7. Hands on shoulders, extend right arm upward and left sideward, and reverse. (4 motions.)

“C. Setting-up Exercises—Continued.

- “8. Side straddle, arms sideward, bend trunk sideward, right (and left), swinging right (left) arm downward to the rear and left (right) arm upward. (2 motions.)
- “9. From Attention, stretching arms forward; upward, sideward; and down. (4 motions.)
- “10. From Attention, bend knees to squatting position; extend to front-leaning-rest; change to right side-leaning-rest; to front-leaning-rest; squatting position, and recover attention. Same going to left side-leaning-rest. (6 motions.)
- “11. Hands on hips, swing legs forward, waist high, alternately, extending corresponding arm forward. (57.)
- “12. Breathing exercise: Raising arms sideward, obliquely upward.

“D. Marching exercises:

- “1. Marching in quick time.
- “2. Raising knees.
- “3. Raising heels.
- “4. Extending arms upward, from hands on shoulders.

“E. Jumping exercises:

- “1. Running broad jump for distance.
- “2. Running hop, step, and jump for distance.

“F. Double timing:

- “1. Double timing.
- “2. With jumping stride.
- “3. Sideward, crossing legs.

“G. Concluding exercises:

- “1. Bending trunk sideward, relaxed, or
- “2. Raising arms sideward, upward, relaxed
- “3. Breathing exercises, as in 12.

“54. **Tenth Lesson.**—A. Disciplinary Exercises.

“B. Starting Positions.

“C. Setting-up Exercises:

- “1. Arms sideward, circle arms outward and inward. (4 motions.)
- “2. Side straddle, arms forward, rise on toes, stretching arms sideward; bend knees, stretching arms upward; and return in reverse order, and recover. (4 motions.)
- “3. Hands on hips, neck exercise.
- “4. Side straddle, arms sideward, turn trunk right and left, lacing fingers behind head. (4 motions.)
- “5. From Attention, bend knees to squatting position; extend legs to leaning rest; squat to sitting position; turn right about to leaning rest and recover attention. (6 motions.)

"C. Setting-up Exercises—Continued.

- “6. Hands on shoulders, extend arms forward, sideward, upward, alternatingly. (6 motions.)
- “7. Side straddle, hands on hips, full bend trunk forward, extending arms downward; bend trunk backward and extend arms sideward, palms up. (4 motions.)
- “8. Arms forward, lunge forward, right and left, swinging arms sideward. (4 motions.)
- “9. Side straddle, arms sideward, sway trunk sideward from right to left. (2 motions.)
- “10. Hands on shoulders, hands closed, strike arms sideward. (2 motions.) (36.)
- “11. Arms sideward, swing extended right (left) leg forward and backward. (2 motions.)
- “12. Breathing Exercise: Stretching arms forward and outward to side, upward oblique.

"D. Marching Exercises:

- “1. Marching in quick time.
- “2. Raising knee and rising on toes of opposite foot.
- “3. Thrust arms forward and sideward.
- “4. Hands on hips, bend trunk forward, stretching left arm downward as the left foot strikes the ground, recover as the right foot comes forward; same reversed.

“E. Jumping Exercises:

- “1. Running board jump, raising knees.
- “2. Running broad jump, executing complete turn in the start just before taking off.
- “3. Same, with two turns.

“F. Double timing:

- “1. Double timing.
- “2. Running sideward, crossing legs.
- “3. Galloping right, or left foot forward.

“G. Concluding Exercises:

- “1. Trunk swaying forward and backward.
- “2. Breathing exercise, as in 12.

“55. Eleventh Lesson.—A. Disciplinary Exercises.

“B. Starting Positions.

“C. Setting-up Exercises:

- “1. From Attention; swing arms forward-upward, and lower backward. (2 motions.)
- “2. Full bend knees, arms sideward, rock on knees, circumducting arms backward. (2 motions.) (56.)
- “3. Hands on hips, neck exercises.
- “4. Side straddle, arms upward, turn trunk right, and left, and stretch arms sideward. (4 motions.)

"C. Setting-up Exercises—Continued.

- “5. Sitting position. This position is reached as per Exercise 5, Lesson 10. Lower to prone position and rise to sitting position. (2 motions.) Recover attention as per Exercise 5, Lesson 10. Men should be cautioned to inhale before lowering or raising the body.
- “6. From Attention, flex arms horizontally, fling sideward, flex and recover. (4 motions.)
- “7. Side straddle, hands on hips, full bend trunk forward and extend arms downward; raise and bend trunk backward, stretching arms sideward; bend forward, lowering arms forward, and recover. (4 motions.)
- “8. From Attention, “curl” shoulders forward and stretch backward. (38.)
- “9. Side straddle, arms sideward, bend trunk sideward right, bending right knee and swinging right arm down to the rear, left obliquely upward; recover; same left. (4 motions.)
- “10. From Attention, hop to side straddle and back to attention, raising arms sideward-upward and down. (2 motions.) (50.)

"C. Setting-up Exercises—Continued.

" 11. From Attention, stride forward right (left), raising arms forward; extend left (right) leg backward, stretching arms sideward and bending right (left) knee, lowering body forward, back arched, until extended leg and body are horizontal; recover first position, and attention. (4 motions.)

" 12. Breathing Exercise: With arms raisings.

"D. Marching Exercises:

" 1. Marching in quick time.

" 2. Bend forward and extend, left, right, arm downward.

" 3. Same as above, extending right, left, arm upward, rising on toes.

"E. Jumping Exercises:

" 1. Running broad jump, raising knees, for distance.

" 2. Running broad jump and two standing broad jumps.

"F. Double Timing:

" 1. Double timing.

" 2. Raising knees.

" 3. Jumping stride.

"G. Concluding Exercises:

" 1. Trunk bending sideward, relaxed.

" 2. Breathing exercises as in 12.

“56. **Twelfth Lesson.**—A. Disciplinary Exercises.

“B. Starting Positions.

“C. Setting-up Exercises:

- “1. From attention, flex arms vertically, raise elbows sideward, fling arms sideward, flex arms horizontally, lower elbows to first position, and recover attention. (6 motions.)
- “2. Hands on hips, full bend knees, extending arms forward, stretch arms sideward, stretch arms forward, extend knees and recover. (4 motions.)
- “3. Hands on hips, neck exercises.
- “4. Stride forward right, arms forward, turn trunk right, stretching arms sideward; same left. (2 motions.)
- “5. Squatting position, extend legs backward to front-leaning-rest and recover squatting position. (2 motions.)
- “6. From attention, stretch arms forward, sideward, upward, sideward, forward, and down, rising on toes with upward stretch. (6 motions.)
- “7. Side straddle, arms overhead, hands closed, full bend trunk forward, bending knees slightly, swinging arms between legs; raise trunk, rising on toes and bending trunk backward slightly. (2 motions.)

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“C. Setting-up Exercises—Continued.

- “8. Arms to thrust, move shoulders forward, upward, backward, and down. (4 motions.) (48.)
- “9. Side straddle, arms overhead, fingers laced, sway trunk sideward right and left. (2 motions.)
- “10. Hands on hips, hop on right and left foot alternately, extending other leg forward. Four hops on each foot. (8 motions.) (86.)
- “11. From attention, repeat balance exercise described under exercise 11, lesson 11.
- “12. Breathing Exercise: “Curl” shoulders slightly, rotating arms inward; inhale, moving shoulders backward and stretching arms forward, outward to side horizontal, palms up; lower laterally.

“D. Marching Exercises:

- “1. Marching in quick time.
- “2. From arms to thrust, thrust arms forward, swing sideward, forward, and recover.
- “3. From hands on hips, alternate bending forward, extending arms downward, extending arms upward, and rising on toes.
- “4. Raise knees, rising on or hopping on other foot.

“E. Jumping Exercises:

- “1. Running broad jump for distance, raising knees.

"E. Jumping Exercises—Continued.

- "2. Running broad jump and two standing jumps.
- "3. Running broad jump and standing hop, step, and jump.

"F. Double Timing:

- "1. Double timing.
- "2. Raising knees.
- "3. Jumping stride, raising knees.

"G. Concluding Exercises:

- "1. Arm circling inward and outward or,
- "2. Trunk bending forward and backward.
- "3. Breathing exercises as in 12.

SECTION IX

FIELD TRAINING OF TRAINED SOLDIERS

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"57. How This Course Differs From Recruit Course.—This course differs from the recruit instruction in that it aims to be less for the purpose of instruction but more for the purpose of keeping the already trained man fit and prepared for any emergency. As the trained soldier is constantly kept engaged in more or less strenuous military drills, and as he is also in such physical condition that he can indulge in the more strenuous and intensive forms of

bodily activities with benefit to himself, the time devoted to this training may be reduced materially in his case.

“58. Composition and Number of Lessons.—Four lessons for the trained soldier are given here. They are to serve as examples to instructors who may at their discretion substitute others, so long as they adhere to the general principles laid down in this syllabus. The amount and degree of work must be fitted to the capabilities of the men and the time allotted to this training.

“59. Instructors Cautioned to Make Course Interesting.—Instructors are warned that in order to maintain the trained soldier's interest and enthusiasm the drill must be made interesting. To attempt to get results by means of the same exercise constantly repeated is impossible with the American trained soldier. Being an intelligent, thinking individual the best results are obtained when his mind as well as his body is employed. This can be accomplished by giving variety to the drill.

“60. Trained Soldier's Conditioning Course.—In the trained soldier's conditioning exercises, jumping, running, etc., difficulty is added by having the men carry part of their equipment or all of it. Beginning with the rifle other parts may be added gradually.

“61. Morning and Afternoon Periods.—A morning period of 30 minutes devoted to setting-up exercises and marching or double-time exercises, and an afternoon period of 30 minutes devoted to jumping, advancing over obstacles, vaulting, or rifle exercises, etc., will suffice to keep the trained soldier always fit.

SECTION X

LESSONS FOR TRAINED SOLDIERS

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“62. **First Lesson.**—A. Starting Positions.

“B. Setting-up Exercises:

- “1. Arms to thrust, thrust arms forward; swing sideward, forward, and back to position. (4 motions.) (49.)
- “2. Forearms flexed vertically, rise on toes and extend arms upward. (2 motions.) (54.)
- “3. Hands on hips, neck exercises, bending and turning.
- “4. Side straddle, arms forward, fingers laced, turn trunk right and left, swinging both arms in the same direction. (2 motions.)
- “5. Full bend knees position, hands on hips, extend knees to on-toes position slowly and stretch arms upward; recover quickly. (2 motions.)
- “6. Side stride right, hands on hips, bend trunk forward and extend arms downward; recover; then bend trunk backward and extend arms sideward, palms up. (4 motions.)

“B. Setting-up Exercises—Continued.

- “7. From Attention, stretch arms downward, forward, sideward, upward, rising on toes, sideward, forward, and recover. (6 motions.)
- “8. From Attention, leaning-rest exercise in four motions, squatting position, with hands on the ground; extending legs backward; returning to squatting position and recover attention. (58.)
- “9. Arms to thrust, move shoulders forward, upward, backward, and recover. (4 motions.)
- “10. Side straddle, arms upward, fingers laced, bend trunk from right to left, swaying. (2 motions.)
- “11. Arms to thrust, lunge forward right, thrusting arms forward; in the lunging position, swing arms sideward, then forward, and recover; same left. (4 motions.)
- “12. Breathing Exercise: With arm raisings.

“C. Marching or Double Timing Exercises.

“63. **Second Lesson.**—A. Starting Positions.

“B. Setting-up Exercises:

- “1. Arms to thrust, thrust arms upward, swing downward and backward, swing upward and recover. (4 motions.) (55.)

"B. Setting-up Exercises—Continued.

- "2. Hands on hips, rise on toes, full bend knees and extend arms sideward, return to first position; and recover. (4 motions.) (51.)
- "3. Hands on hips, neck exercise, bending and turning.
- "4. Forward stride right arms forward, turn trunk right and stretch arms sideward; same to the left, with left foot forward.
- "5. Full bend knee position, arms forward, rock on knees, and swing arms downward and forward. (2 motions.)
- "6. Side stride right, arms upward, fingers laced, bend trunk forward, bending knees slightly, and swing arms between the legs, raise the trunk and body on the toes and swing arms upward, bending the body backward slightly. (2 motions.)
- "7. From attention, arm-stretching exercises in six motions.
- "8. From squatting position, hands on the ground, extend to leaning-rest and recover squatting position. (2 motions.)
- "9. Hands on shoulders, move elbows forward and stretch them backward. (2 motions.) (45.)

"B. Setting-up Exercises—Continued.

"10 Side straddle, arms upward, bend trunk sideward right and stretch arms sideward; same left. (2 motions.)

"11. Hands on shoulders, lunging sideward right, extending arms sideward; in the lunging position bend trunk sideward right, swing right arm down to the rear, left upward, return to first position and recover. (4 motions.)

"12. Breathing Exercise: With arm raisings.

"C. Marching or Double-Timing Exercises.**"64. Third Lesson.—A. Starting Positions.****"B. Setting-up Exercises:**

"1. Arms to thrust, thrust arms forward, swing right up and left down, swing to front horizontal and recover. Repeat, reversing arm swing. (8 motions.) (61.)

"2. Hands on hips, rise on toes and hop. (2 motions.) (42.)

"3. Hands on hips, neck exercises, bending and turning.

"4. Side stride right, arms forward, turn trunk to the right and stretch arms sideward; same left. (4 motions.)

"5. Full bend knee position, hands on the ground between knees (squatting

“B. Setting-up Exercises—Continued.

position), extend legs to side straddle, hands remaining on the ground and recover the squatting position.

- “6. Side stride right, fingers laced behind head, full bend trunk forward, raise and bend the trunk backward, stretching arms sideward; bend trunk forward, lacing fingers in rear of head, and recover. (4 motions.)
- “7. From Attention, arm-stretching exercise in 6 motions.
- “8. In the leaning-rest, bend and extend arms, or raise legs backward alternately. (2 motions.)
- “9. From Attention, ‘curl’ shoulders forward and stretch backward. (2 motions.) (38.)
- “10. Side straddle, arms sideward, bend trunk sideward right, bending right knee and swinging right arm downward to rear of body, left arm upward close to head; same left (4 motions.)
- “11. From Attention, hop to side straddle, swinging arms upward laterally; bend knees and move arms to side horizontal; return to first position and recover. (4 motions.)
- “12. Breathing Exercises: With arm raisings.

“C. Marching or Double Timing Exercises.

"65. **Fourth Lesson.**—A. Starting Positions.

"B. Setting-up Exercises:

- "1. Hands on shoulders, extend arms upward, swinging downward laterally, upward laterally, and recover. (4 motions.) (62.)
- "2. Hand laced behind head, rise on toes, and rock. (2 motions.) (39.)
- "3. Hands on hips, back exercises, bend and twisting.
- "4. Side straddle, arms upward, turn trunk to right and stretch arms to side horizontal; same left. (4 motions.)
- "5. Full bend knee position, hands on hips, hop in this position.
- "6. Forward stride right, arms sideward, bend trunk forward, lowering arms downward and bending right knee; raise trunk, extending knees, and bend trunk backward, stretching arms sideward; return to first position and recover. (4 motions.)
- "7. From Attention, arm-stretching exercise in 6 motions.
- "8. From Attention, bend to the squatting position; extend to the leaning-rest; squat between hands to sitting position; turn to the right-about to the leaning-rest and recover. (6 motions.)

“B. Setting-up Exercises—Continued.

- “9. From side horizontal, palms down, rotate arms backward and forward. (2 motions.) (52.)
- “10. Side straddle, hands on shoulders, bend trunk sideward right, extending right arm obliquely downward, left obliquely upward, and bend right knee, and recover; same left. (4 motions.)
- “11. From Attention, hop to side straddle, placing hands on shoulders; full bend trunk forward and extend arms downward, return to first position and recover. (4 motions.)
- “12. Breathing Exercise: With arm raisings.

“C. Marching Exercises or Double-Timing Exercises.





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